

modern cookery



YOU CAN COOK BETTER
FASTER·CHEAPER with GAS

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The Philadelphia Gas Works Company

MODERN COOKERY WITH GAS

THIS is more than “just another recipe book”—it is a complete treatise on the modern art of gas cookery. Its purpose is to help you to enjoy fully the convenience of your automatic gas range. It will help you to get greater value for each food dollar, too.

The index on the back pages provides quick reference.

THE PHILADELPHIA GAS WORKS COMPANY



MODERN COOKERY

WITH GAS

A MODERN HOMEMAKER TELLS THE STORY OF AUTOMATIC COOKING

"I am a modern homemaker.

"Like my friends, like you, I love the nice things in life: a round of golf, bridge, a drive in the country, a matinee, shopping, with plenty of spare time in which to look over the new styles, time to play with my children, to guide them and watch them and share their fun.

"But these pleasures . . . which I now enjoy . . . have not long been mine.

"I was usually tired when my husband came home, tired and worn from the day's cooking. Yet, all the time, I realized it is the modern woman's duty to do more than feed her family. Dinner, with or without company, should be enjoyable . . . not 'just another meal'.

"I wanted to do my share to make my home and my family's homelife as pleasant as possible, but chained everlastingly to cooking tasks, I could not go out for relaxation among my friends, doing what every modern woman wants to do.

"Now *my* problem is solved . . . thanks to automatic cooking with gas. Let me help you solve *yours* by telling you how your new automatic gas range will free you from many weary hours of household cares.

"You can make your plans for a complete dinner, take the foods from your refrigerator and arrange them in the proper cooking utensils. Then you may leave the kitchen, returning shortly before the dinner hour to find your whole dinner done to a turn—hot, savory and ready-to-serve!

“It sounds like the story of Aladdin and his Magic Lamp, doesn’t it?

“Which is precisely what automatic cooking with gas on your new automatic gas range is. The story of Aladdin in modern dress! Only, instead of rubbing a lamp, you set a time and heat control and then extra hours of the day are yours.

“I am an exacting cook. No one has ever been more concerned about the flavor, the healthfulness and the appearance of roasts, vegetables and desserts than I. But I can assure you that my automatic gas range satisfies my most demanding expectations! It cooks every kind of food just as I like it cooked:—full-flavored roasts cooked in their natural juices, with a minimum of shrinkage and all their healthful vitamins retained; vegetables cooked *au naturel*, without loss of mineral salts; breads, cakes and biscuits perfectly done and browned ‘to a turn’. Just try it for yourself and as long as you follow the simple directions of your automatic cookery recipes, your range will never fail to please you.

“That last half hour before dinner will no longer be a flurried one. The family may be welcomed home, guests may be greeted and after a minute or two in the kitchen . . .dinner is served.

“Automatic cooking with gas is the greatest step towards woman’s new freedom.”

CLEAN, COOL KITCHENS

A clean, cool kitchen is indicative of a progressive mind. Every feature of your automatic gas range is a step towards this end.

The oven is heavily insulated, retaining the heat for cooking instead of allowing it to escape into the kitchen. The clear, blue flames of gas, and the bright enamel finish of the range, make for a new cleanliness and beauty.

COOKING AT ANY SPEED YOU WISH

Your automatic gas range provides for wide flexibility in cooking. In an instant, you may have a hot flame for quick heating to any temperature desired; a turn of the handle and your flame is lowered to any point you wish.

EASY AND ECONOMICAL OVEN MEALS

You can easily cook an entire meal in the oven at one time. The time and temperature controls always assure you of a delicious and perfectly cooked meal and save not only time but fuel, too.

MEALS COOKED OVER ONE BURNER

With a pressure cooker, a Dutch oven, a waterless cooker, a steamer or a set of triplicate saucepans, you may cook a simple meal over one burner. There are many of the less expensive meat cuts, almost all vegetables and some desserts which are well adapted to this top-burner cookery.

“WATERLESS COOKING”

We are learning to cook with less water; for, proportionate with the absence of water, certain vegetables and meats become more flavorsome and nutritious. Further explanations of this healthful method of cookery are given on page 64.

DELICIOUS MEALS FROM THE BROILER

No longer is broiling associated with smoke and sputtering fat. The better broilers in automatic gas ranges have made broiling a fascinating and healthful way of cooking food deliciously. Interesting variety can easily be given the simplest meals by using the broiler for the grilling of meats, vegetables and fruits.

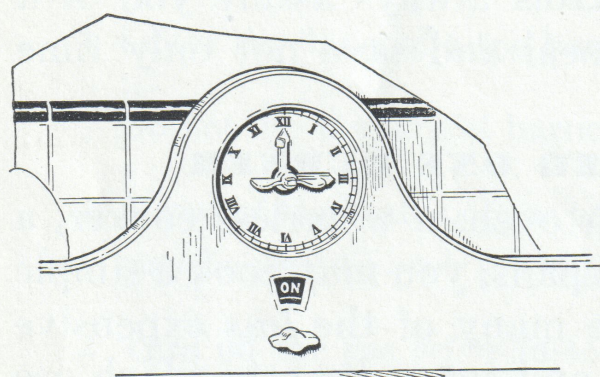
GAS . . . THE PERFECT COOKING FUEL

Gas is the perfect cooking fuel. For every form of cooking: broiling, boiling, baking, roasting, etc., gas has always been the most efficient and economical fuel to use. With all its incomparable advantages, it is no wonder that in more than 15,000,000 American homes gas cooks the meals.

AUTOMATIC COOKING WITH GAS

A GAS RANGE equipped with modern time and heat control makes automatic cooking possible. Whole hours and afternoons of new freedom can be yours.

The automatic *time control* turns on the gas at any time you set it for—and turns it off again at the time you know the food will be done. In cooking an



Time Control

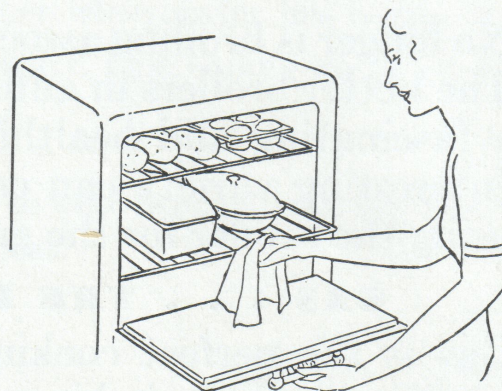
oven meal you can put the food in the oven before you go out and leave it without further attention—knowing that your oven will faithfully turn itself on, go to the right heat, and turn itself safely off again at the proper time. When you wish to serve you will find dinner hot and perfectly cooked.

USE OF OVEN HEAT CONTROL

The *heat control* can be set at any desired temperature and when the oven reaches this point the heat is *automatically* maintained.

For baking and roasting, adjust the heat control, turn on the gas full and light the burner (or your time control will light it for you). When the gas flame automatically turns itself down the oven has reached the temperature for which the control was set. Do not open the oven door unnecessarily.

It is not necessary to preheat the oven of an automatic range in the preparation of an oven meal.



NOTE—When planning an oven meal try fitting the empty utensils in the oven to be sure that there is room enough for all the food you are planning to bake. Do not let the baking dishes touch each other or the sides of the oven. Also place the oven racks so that air space is left under and over the utensils.

MEASUREMENTS

MEASUREMENTS for all materials required in the recipes in this book are level.

The standard measuring cup holds one-half pint and is divided into fourths and thirds.

To make level measurements, fill cup or spoon and scrape off excess with back of knife.

One-half spoon is measured lengthwise of spoon.

Sift flour before measuring.

Sift baking powder with flour.

Where shortening is mentioned in the recipes it is understood that butter, lard, or other similar fats may be used.

WEIGHTS AND MEASURES

3	teaspoons.....	1 tablespoon
4	tablespoons.....	$\frac{1}{4}$ cup
16	tablespoons.....	1 cup or $\frac{1}{2}$ pint
2	cups.....	1 pint
2	pints.....	1 quart
4	cups.....	1 quart
$2\frac{1}{4}$	cups granulated sugar.....	1 pound
$2\frac{2}{3}$	cups brown sugar (loosely packed)....	1 pound
$3\frac{1}{3}$	cups confectioners sugar.....	1 pound
4	cups flour.....	1 pound
2	cups butter.....	1 pound
2	tablespoons butter.....	1 ounce
1	square chocolate, grated.....	6 tablespoons
1	medium sized egg.....	about 2 ounces

BOILING



NEW ENGLAND DINNER

(See page 11 for recipe)

BOILING is cooking in water which is bubbling vigorously at the boiling point—212 degrees Fahrenheit. *Simmering* is cooking in water immediately below the boiling point, at 180 to 210 degrees. *Stewing* is cooking in a small amount of water, which may either boil or simmer as required. These cooking methods are similar and may be grouped together.

The gas flame's intense heat and complete flexibility make it the perfect cooking fuel for boiling and simmering.

FRICASSEE OF CHICKEN

by Maxime, Chef de Cuisine, Benjamin Franklin Hotel

6 Servings

Dress a four-pound chicken. Remove wings and legs, split breast, disjoint legs. Place four ounces of butter and a little olive oil in casserole. Season the chicken with salt, pepper and a dash of paprika. Put casserole on fire, and, when the butter sings, place the chicken therein. Allow chicken to brown slightly. Then give chicken one turn in pan.

Smother with one pound of chopped Spanish onions and allow to simmer for ten minutes. Add one pint of cream and cook twenty-five minutes over a slow fire.

Remove chicken from casserole and dress on serving platter. Finish the sauce by adding five ounces Supreme Sauce. Bring to boil, remove from fire and pass through cheese cloth or fine sieve. Season sauce to taste and add two ounces of butter.

Take twelve large mushrooms, season with salt and pepper. Place in pan with a lump of butter and a bit of chopped parsley in center. Bake in oven about eight minutes, basting with butter all the while. Stuff mushrooms with horseradish and dress on a toast. Keep aside ready to serve very hot.

Dip twelve oysters in beaten egg; roll in cracker crumbs. Fry in butter.

Serve, with the chicken in the center of the platter. Mushrooms on toast at one end of platter, and oysters on toast at the other.

Sauce the chicken and serve remainder of sauce separately.

POT ROAST

Select 4 to 6 pounds beef from rump or round. Wipe with a clean cloth and sprinkle with salt, pepper and flour. Place in kettle with fat trimmings from meat and brown. Then add one cup water, cover tightly and simmer 2 or 3 hours, or until almost tender, adding only enough water from time to time to keep meat from burning. Add 6 or 8 small onions, $\frac{1}{2}$ cup sliced carrots, and $\frac{1}{2}$ cup celery, cut in pieces. Cook until vegetables are done; add salt and pepper to taste and thicken with a little flour mixed to a smooth paste with cold water. (Or pot roast may be cooked in the oven at 300°F. for 2 to 3 hours.)

HINTS ON BOILING, SIMMERING AND STEWING

MANY FOODS require slow cooking, at a point below boiling. In the case of *soups, stews, and all the cheaper cuts of meat*, very slow cooking is desirable. You will find that a small flame will do the work best. SOUPS with meat foundation are made by allowing the bone and pieces of meat cut from it (part of which may be browned in fat if you wish) to soak for at least an hour in cold water. Then it is heated slowly and cooked below the boiling point for several hours.

TO MAKE STEW, brown the cubes of meat which have been dredged in seasoned flour in hot fat. Onion may be added at this stage if you wish, or the onion may be browned in the fat before the meat goes in. After the meat has browned it is partly covered with boiling water, and allowed to *simmer*, covered, over a *very* low flame. After an hour or more of this slow cooking, vegetables are added and cooking is continued for half an hour before the mixture is thickened.

MEATS which are cooked in water, such as ham, tongue, mutton and certain cuts of beef and veal, are better *simmered* than boiled. The water should be boiling when the meat is put in, then it should be brought back to the boil again before reducing the heat. The flame may then be lowered and the meat allowed to cook *very slowly* in order to soften the tissues. Some meats, such as ham and tongue, are improved by allowing them to partly cool in the water in which they were cooked.

CHICKEN—Place in a kettle containing enough boiling water to half cover the fowl. Boil and skim until scum ceases to rise, then simmer, allowing about 20 to 30 minutes per pound, depending upon age of poultry.

FISH.—Wrap in cheesecloth and place in a kettle half filled with boiling water. Cook slowly, allowing fifteen or twenty minutes to the pound. The water should have salt and a little lemon juice in it, to give flavor and keep the flesh white.

NEW ENGLAND DINNER

8 Servings

Select a 4-pound piece of rump corned beef. Put in a kettle and cover with boiling water. Bring to the boiling point. Cover kettle, lower gas flame and simmer 1 hour. Cut a head of cabbage in quarters. Add cabbage and 6 or 8 medium sized carrots to meat. Simmer 20 minutes. Add 6 or 8 medium sized potatoes and cook 30 minutes longer. Remove meat and slice thin. Arrange slices of corned beef on platter with the vegetables around them.

BEEF STEW

6 Servings

1 flank steak	1 bunch celery
(about 2 lbs.)	6 potatoes, cut up
2 tablespoons fat	salt and pepper
3 cups boiling water	Worcestershire sauce
2 large carrots	flour

Cut flank steak in convenient sized pieces. Brown well in hot fat. Add water, cover closely and simmer for 2 to 3 hours. About one hour before meat is done, add the vegetables and season with salt, pepper and Worcestershire sauce. Have the celery cut in three-inch lengths and the carrots in quarters, lengthwise. Just before serving thicken the gravy with a little flour mixed to a smooth paste with cold water.

VEAL FRICASSEE

4 to 6 Servings

2 lbs. veal	2 tablespoons flour
3 cups boiling water	1 tablespoon butter
2½ tablespoons	½ teaspoon mace
chopped onion	2 tablespoons
½ teaspoon salt	chopped parsley
⅛ teaspoon pepper	paprika

Wipe veal and cut in small pieces. Add water and onion; bring to boil, then simmer 1 hour. Add salt, pepper and flour mixed to a

smooth paste with butter. Cook 5 minutes longer; add mace, parsley and a dash of paprika. Serve with boiled or steamed rice.

CHICKEN À LA KING

6 to 8 Servings

1 chicken (about 4 pounds)
 ½ cup butter
 ¼ cup flour
 ½ teaspoon chopped onion
 1½ teaspoons salt
 ⅛ teaspoon paprika
 ⅛ teaspoon pepper
 14-ounce can of mushrooms
 ½ cup cream
 2 pimientos
 1 green pepper

Simmer a chicken or fowl until tender. Allow it to cool thoroughly in its own liquor, reserving 2 cups of the stock. Remove all the meat and cut into thick strips. There should be about 3 cups.

Next melt butter in a saucepan and add flour gradually, stirring constantly. When beginning to bubble add gradually the 2 cups chicken stock and stir, while cooking over a very slow flame, until smooth and thickened. Then add onion, salt, pepper and paprika. Next add the drained liquor from a 14-ounce can of mushrooms and blend thoroughly. Divide the sauce in half, and to one half of it add the chicken. To the other half add cream, pimientos cut in small thin strips, green pepper also cut into thin strips and mushrooms. Add this to chicken mixture. Cook 2 minutes in double boiler. Fill patty shells and serve. Use tiny strips of pepper and pimiento to decorate top of chicken.

You can make your own patty shells by baking pie crust on inverted muffin tins 8 to 12 minutes in a hot oven 475°F. Be sure to prick the pie crust with a fork before baking. This will prevent puffing up.

BOILING → → → → → → → → → → → → → → →

CREAMED CHIPPED BEEF WITH GREEN PEPPERS

6 Servings

- 2 cups milk
- 4 tablespoons flour
- 4 tablespoons butter
- $\frac{1}{8}$ teaspoon pepper
- 1 green pepper, chopped
- 1 8-oz. jar chipped beef

Place beef which has been cut into strips in a sieve. Run hot water through the beef to freshen. Cook green pepper in boiling water 5 minutes; chop fine. Make a white sauce of the butter, flour, milk and pepper. Add beef and green pepper. Serve on toast.

CURRY OF RICE

6 Servings

- 1 cup rice
- 2 tablespoons fat
- 1 teaspoon chopped onion
- $2\frac{1}{2}$ cups boiling water
- 1 to 2 tablespoons curry-powder
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon pepper

Wash the rice well. Place fat and onion in a stewpan and cook until onion is yellow, add the rice and stir the whole over a hot fire for five minutes. Season with the curry-powder, salt and pepper. Add boiling water. Stir well. Cover the stew-pan and boil rapidly for 10 minutes, then cook slowly for 40 minutes.

Curry of rice is appropriate with any kind of meat dish that has been prepared with a sauce such as veal fricassee or beef stew.

CHICKEN SAUTÉ WITH MALAGA GRAPES

Recipe by Conti, Head Chef of the Hotel Walton

Disjoint a spring chicken, season with salt and pepper, and place in a sauce pan with 2 ounces of butter, $\frac{1}{4}$ pound of sliced mushrooms. When slightly browned, remove chicken and place on platter. Put into the sauce pan $\frac{1}{2}$ cup of rich cream and $\frac{1}{2}$ cup of meat gravy. Let it boil for 10 minutes, add 2 dozen malaga grapes and let boil 1 more minute. Cook again for 5 minutes, then pour contents over the chicken and serve piping hot. This recipe can be used with fowl, game, pork chops, veal cutlets or steak.

HORSERADISH SAUCE

6 to 8 Servings

- 4 tablespoons heavy cream
- 3 tablespoons grated horseradish
- 1 tablespoon vinegar
- paprika and salt

Whip the cream stiff, mix the other ingredients and beat them gradually into the whipped cream.

HOLLANDAISE SAUCE

6 Servings

- $\frac{1}{2}$ cup butter
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon lemon juice or vinegar
- $\frac{1}{4}$ teaspoon paprika
- few grains cayenne
- 2 egg yolks

Wash butter and melt over hot water. Beat egg yolks with lemon juice or vinegar until very light, then add the butter gradually, beating constantly. Add seasonings and serve at once. If sauce is not thick enough stir over hot water for a minute.

WELSH RAREBIT

6 to 8 Servings

- 1 tablespoon butter
- 1 teaspoon cornstarch
- $\frac{1}{2}$ cup thin cream
- $\frac{1}{2}$ pound soft, mild cheese
(cut in small pieces)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon mustard
- few grains cayenne
- toast or wafer crackers

Melt butter, add cornstarch, and stir until well mixed. Then add cream gradually while stirring constantly, and cook two minutes. Add cheese and stir until cheese is melted. Season, and serve on wafer crackers or bread toasted on one side, rarebit being poured over untoasted side. Much of the success of a rarebit depends upon the quality of the cheese. A rarebit should be smooth and of a creamy consistency, never stringy. If stringy, add one egg slightly beaten.

FRYING



FILET OF FLOUNDER

(See page 14 for recipe)

THERE are two methods of frying—*deep fat frying* and *sautéing*. The latter is much used in American homes. We sauté (fry in a pan with a little hot fat) eggs, meats, potatoes and many other foods.

Much like sautéing is *pan broiling*. By this method cooking is done in a pan with only the fat that comes out of the food itself, and some of this fat is poured off if there is more of it than is required to prevent burning. Bacon, sausages and pork chops, when pan broiled, take on a new and delightful flavor.

Deep fat frying is more popular with the French, but most of us know it for doughnuts, fritters, croquettes and French fried potatoes. This frying method deserves wider use. With familiarity and the right simple equipment, it is just as easy as sautéing. Its use helps give variety to menus and makes left-overs into delightful surprises. The flexibility of gas makes it possible to heat the fat to the exact temperature required for each type of food, thus insuring crisp, non-greasy fried delicacies.

FILET OF FLOUNDER

Wipe filets from a 5 or 6 lb. flounder with a damp cloth. Sprinkle with salt and pepper. Dip in crumbs, then in slightly beaten egg, then in crumbs again. Fry in deep fat, or sauté in small amount fat. Remove to serving dish; squeeze lemon juice and melted butter over it and garnish with parsley and lemon slices.

FRENCH FRIED POTATOES

Pare large potatoes, cut in strips $\frac{1}{2}$ inch thick. Wash and soak in very cold water. Drain and dry on clean towels. Fry in deep fat until a delicate brown color. Drain on unglazed paper and sprinkle with salt.

FRENCH FRIED ONIONS

Cut onions in slices and make rings out of them. Put in a dish with a little cold milk. Drain milk off and add plenty of flour to onions. Then put them in a sieve or colander and shake off the flour. Fry in very hot fat. Serve immediately.

EGG PLANT

Pare an egg plant and slice in $\frac{1}{2}$ inch pieces; put between two plates with a weight on top. Cover for a half hour or more. Dip slices in beaten egg and then in bread crumbs to which have been added 1 teaspoon of salt and $\frac{1}{8}$ teaspoon pepper. Put 3 heaping tablespoons of lard or substitute in a flat roasting pan; melt. When it is very hot, put in slices of egg plant and place pan in broiling oven, not too close to flame. Have oven burner turned on nearly full (500 degrees). Broil until quite brown, then turn and brown on other side; takes about 15 or 20 minutes.

FRIED APPLES

Wash and core red apples; do not peel. Cut in thick slices. Dip slices in flour to which a little sugar has been added. Sauté in hot fat until soft and browned.

HOW TO FRY

A HEAVY iron or other thick metal pan or kettle is best for sautéing and deep frying. Heavy metal holds the heat more evenly and helps to prevent rapid changes in temperature of fat.

MOIST FOODS should be dried as much as possible before frying.

IN SAUTEING OR PAN FRYING, use only enough grease to cover bottom of pan. Turn the food as soon as it is brown on one side. If not thoroughly cooked when both sides are brown, lower the heat and cover pan to finish cooking.

IN DEEP FRYING, use enough fat to float the food. Do not put in too much food at one time as dangerous boiling over of the hot fat may result.

A long-handled spoon and fork, a wire basket to hold foods in the hot fat, a thermometer which registers over 400° F., and absorbent paper for draining the foods after frying—are big helps in deep frying.

Fats which are suitable for deep-fat frying are the vegetable oils and fats, lard, or a combination of any two. These fats are suitable because they do not burn readily, they produce an agreeable flavor and they are moderate in price.

The temperature at which food is fried is very important. If fat is too hot it smokes—then food will brown quickly and be raw inside; if too cool, food will be grease-soaked. Use a frying thermometer or the cube-of-bread test to determine the temperature of fat:

At 350 to 375°F. a cube of bread will brown in 60 seconds: the right temperature to fry uncooked mixtures, such as doughnuts, fritters, oysters, clams, etc.

At 375 to 400°F. a cube of bread will brown in 40 to 50 seconds: the right temperature to fry previously cooked foods, such as croquettes; also for French fried potatoes.

The gas flame may be adjusted so accurately that when fat has reached proper temperature, that temperature can be maintained, providing the same quantity of food is placed in kettle each time.

BASIC RECIPE FOR CROQUETTES

Melt 4 tablespoons butter, margarine, or oil in a saucepan. Add 4 tablespoons flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, and stir until smooth. Then add 1 cup bottled milk or $\frac{1}{2}$ cup evaporated milk diluted with $\frac{1}{2}$ cup water or 4 tablespoons powdered milk and 1 cup water, while stirring constantly. Cook until thickened, then add 2 cups finely chopped cooked or canned meat, fish, or poultry; 1 teaspoon each of minced onion and parsley; 1 teaspoon lemon juice if fish is used, $\frac{1}{2}$ teaspoon lemon juice if meat or poultry is used, and additional salt if necessary. Turn out on a shallow dish and allow to chill thoroughly. When cold, shape into balls, rolls, ovals, cones, or any desired shape. Ice-cream scoops are excellent for shaping conical croquettes. Next, roll the croquettes in fine-sifted dry bread crumbs or fine cracker crumbs purchasable in packages. Then dip them in beaten egg adding 1 teaspoon water to each egg, and last in crumbs again. Fry in deep fat at 300° F. until golden brown on all sides, then drain. Serve plain or with white sauce, parsley sauce, tomato sauce, or the like.

SALMON CROQUETTES

6 Servings

2 cups salmon well broken up; 1 egg, slightly beaten; 2 tablespoons chopped parsley; $\frac{1}{2}$ cup milk; pepper and salt to taste; add enough bread crumbs to make right consistency to shape into croquettes. Roll in egg and bread crumbs and fry in deep fat, serve with white sauce (page 57); garnish with slice of lemon and chopped parsley.

VEGETABLE CUTLETS

6 Servings

1½ cups mashed potatoes
2 cups mixed carrots, peas, turnips, fried
sliced onion and chopped celery
½ teaspoon salt
¼ teaspoon pepper
2 tablespoons chopped parsley
1 tablespoon pimiento

Mix the above ingredients thoroughly—
mold into cutlets and fry in deep hot fat.

MEAT CROQUETTES

4 to 6 Servings

2 cups meat (lean,
cooked, ground)
1 cup milk or
meat stock
2 tablespoons fat
4 tablespoons flour

1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{2}$ tablespoon
chopped onions

Make a very thick sauce of liquid, fat, and flour. Blend with well seasoned meat and seasonings. Spread thinly on a shallow pan to chill thoroughly until easily handled. Shape rounded tablespoon of thoroughly chilled croquette mixture into neat well formed balls. Roll in crumbs, then dip in egg, roll in crumbs again. Fry 5 to 8 minutes in deep hot fat, until golden brown. Drain.

DOUGHNUTS

1/3 cup sugar
 1 tablespoon shortening
 1 egg
 1/3 cup milk
 2 cups flour
 2 teaspoons baking powder
 dash of nutmeg
 dash of mace
 1/2 teaspoon salt

Cream sugar and shortening together. Add beaten egg and milk. Mix and sift flour, baking powder, nutmeg, mace and salt. Add to first mixture and mix well, adding a little additional flour if necessary. Turn out on slightly floured board and roll to $\frac{1}{2}$ inch thickness. Cut with doughnut cutter and fry in deep fat for 5 to 8 minutes, or until a delicate brown. Drain on unglazed paper. Sprinkle with powdered sugar.

BROILING



BROILED STEAK
(See page 17 for recipe)

BROILING is cooking by the application of direct heat. It is a quick method of cookery and therefore adapted only to naturally tender foods, such as lamb chops; beefsteaks—tenderloin, sirloin, porterhouse and minute; young chicken; liver; fish; bacon; thin slices of ham; sausages and sweetbreads. Certain vegetables, too, may be cooked by this method, the most frequently broiled ones being tomatoes and mushrooms.

Broiling deserves a more important place in home cookery. It is not only a quick but a healthful way of preparing these more tender foods. Fortunately the improved facilities of the modern gas range make it easy for the homemaker to use this popular method of cookery.

Delightful combinations of meat and vegetables may be cooked on the broiler at the same time, making what is known as a "Mixed Grill". These Grills are practically a complete meal, with the addition of a light salad or dessert. Try some of the combinations suggested on page 18.

HINTS ON BROILING

Set oven heat control at 550°F. and light burner.

Preheat broiling compartment at least 10 minutes, with door closed, before putting in food.

Arrange food on greased broiler and place it so that there will be about 2 inches between food and flame.

Broil with door open.

After browning food on one side, turn and allow to brown on other side. For steaks and chops turn about every 3 minutes until done.

The length of time for broiling meat depends on the thickness it is cut and how well done it is desired. For example; for a rare steak, cut 1½ inches thick, it will take 10 to 15 minutes; for a minute steak, usually cut about ½ inch thick, it will take only 5 or 6 minutes; for a pork chop, or a loin or shoulder lamb chop, about 10

to 12 min.; for a young chicken, split, about 20 to 25 minutes.

Fish is best broiled in a shallow, oiled pan. Because of its delicate texture it is less apt to break when turned on a flat pan than on a wire broiler. Use a wide spatula for turning.

For toast, light the broiling burner and after a few minutes place bread on the rack; turn when one side has browned. For toast with a very soft center and a golden brown surface, heat broiling compartment, with door closed, about 5 minutes before placing bread on rack. For dry, crisp toast (Melba) turn the flame very low and move rack away from the flame.

Foods that are not harmed by high temperature, such as baked potatoes, baking powder biscuit and yeast rolls, may be baked while the broiler is in use.

BROILED SHAD

Clean fish and split for broiling. Wipe with clean, damp cloth. Sprinkle with salt and pepper and place, flesh side up, on well-greased pan (or broiler). Broil 20 to 25 minutes, reducing heat slightly if fish browns too quickly. Turn and broil on skin side just long enough to crisp the skin. Remove to serving platter and garnish with lemon and parsley.

GRILLED TOMATOES

6 Servings

6 medium-sized	1 egg
tomatoes	bread crumbs

Wash and cut tomatoes in halves crosswise, without peeling them. Cut off thin slices from top and bottom. Sprinkle with salt, pepper and a little sugar. Dip in crumbs, then in beaten egg diluted with 2 tablespoons water and in crumbs again. Place on slightly oiled broiler and broil 6 to 10 minutes under oven flame.

BROILED OYSTERS

6 Servings

3 dozen oysters	6 slices toast
12 slices bacon	

Drain the oysters. Place bacon slices on broiler rack, cover with oysters and cook for 2 minutes under hot flame. Serve on toast, garnishing with lemon slices and parsley.

BROILED STEAK

Wipe steak with cloth wrung out of cold water; preheat oven, leaving gas turned on full; grease broiler with fat; lay steak on broiler and place the broiler about 2 inches from flame. Cook first on one side for 2 minutes, then on the other side to brown meat; then turn occasionally until both sides are done. Steak cut 1¼ inches thick will take 10 minutes to broil rare; 15 minutes well done. Door wide open during broiling. When cooked, put steak on hot platter, spread with butter and sprinkle with salt and pepper.

BROILING → → → → → → → → → → → → → → →

BROILED BACON

Place cold slices of bacon on a cold broiler rack and place rack four or five inches below flame (gas control should be set at 325°F.) Turn bacon occasionally. When it is a light golden brown color and evenly crisped, remove to hot platter for serving.

BROILED KIDNEYS

Cut lamb's or calf's kidneys into halves. Remove the white tubes and fat and cover with cold water. Let stand about ½ hour, drain and dry well. Spread with melted butter or cooking oil and place on broiler. Broil slowly until brown on one side; turn and brown on the other. Remove to serving platter, sprinkle with salt and pepper and spread with butter; garnish with parsley and slices of lemon.

MIXED GRILLS

Mixed Grills provide a delightful way to serve broiled combinations, either for guest or family meals. Specially treated wooden planks are made for the purpose, or heat-proof glass platters, may be used. The planks may be bought in either large or individual sizes, and though fairly expensive, they will last a long time with the proper care.

When prepared this way the food is served on the plank, and the plank placed either in a frame made for the purpose, or on a platter. Garnish with parsley or watercress.

If plank or heat-proof glass is not available, arrange on oven broiler or shallow baking pan. To serve, remove to serving platter or individual plates using a broad spatula. Here are some popular combinations.

OYSTERS, BACON AND TOMATOES

Arrange oysters in center of plank, lay halves of tomatoes around them. Place strips of bacon over oysters and sprinkle tomatoes with salt, pepper, a little sugar and dot with butter. Broil about 10 minutes.

FILET OF SOLE, TOMATOES, POTATO BORDER

Arrange filets on oiled plank or platter. Spread with oil and a little lemon juice. Cut tomatoes in halves, sprinkle with salt, pepper, a little sugar and dot with butter. Place under broiler flame, until fish has lost its shiny appearance, allowing about 10 minutes per pound. Remove from oven, put border of mashed potatoes around edge of plank and return to broiler to brown potatoes.

CHEESE ON TOAST, BACON AND TOMATOES

Use two open slices of bread, cover with thin pieces of American or store cheese; on this lay slices of tomato; place 2 strips of bacon on top and broil about 5 or 6 minutes.

CHOP, SAUSAGE, BACON AND MUSHROOMS

Arrange on oven broiler small sausages, bacon and whole, peeled mushroom caps; broil 10 to 12 minutes, according to thickness of chop.

Among other foods which lend themselves to grilled combinations are bananas, sliced apples, asparagus tips, parboiled sweet or white potatoes; liver, sweetbreads, filet mignon and ham. With a little practice you can make all kinds of delightful combinations of your own choosing.

ROASTING



ROAST OF BEEF
(See page 20 for recipe)

IN the roasting methods recently approved by the Department of Agriculture and recommended by research boards of leading meat packers and agricultural colleges, tests show that roasted meats are more juicy, more tender and have less shrinkage when cooked at a low, constant temperature in an open roaster, without basting, than when cooked by formerly approved methods. These authorities agree that searing meat is *not necessary*: in fact they find that the high temperature used in searing actually increases cooking losses and correspondingly decreases tenderness, juiciness and flavor. This is especially noticeable in the less tender cuts of meat, in lean meats such as veal and lamb, and in all meat cooked to the well-done stage. The roasting methods we are offering you in this book are based, therefore, on these latest scientific findings. They will not only produce the best possible results but will simplify your home-cooking problems as well.

PRIME ROAST OF BEEF

Wipe the meat with a clean damp cloth and place in open roasting pan. Sprinkle with salt and pepper but *do not add water*. Roast at 300°F. for 18 to 20 minutes per pound, according to rareness desired.

STUFFED BREAST OF VEAL

8 Servings

4 pounds breast of veal	1 teaspoon salt
1 cup bread crumbs	1 teaspoon thyme
2 slices fat salt pork	1 teaspoon sweet
¼ teaspoon pepper	marjoram

The butcher will prepare the veal for stuffing, if requested to do so. If he has not done so, make an incision between the ribs and the meat. Fill this cavity with stuffing made from the bread-crumbs, pork, sweet marjoram, thyme, salt and pepper. Wipe the meat, dredge with salt, pepper and flour; lay thin slices of salt pork over it and place in roasting pan. Roast at 300°F., allowing 25 minutes per pound. Make a gravy from the drippings, using one tablespoon flour and one cup water to one tablespoon of drippings.

ROAST DUCK

Singe, draw and wash a duck of proper age for roasting. Stuff with bread and onion stuffing (page 25). Tie securely with wings and legs close to body. Place on back in open roasting pan and sprinkle with salt. Roast at 400°F. allowing 20 to 30 minutes per pound, according to rareness desired. Serve with giblet gravy and apple sauce or currant jelly.

Some people consider that ducks have too strong a flavor, and to absorb this flavor lay cored and quartered apples inside the body instead of using a stuffing. These apples are removed before the duck is served. Celery and onions also may be placed inside the duck to season it and improve the flavor, two tablespoons of chopped onion being used to every cup of chopped celery, which may consist of the green stalks that are not desired for the table. This stuffing is also removed before the duck is served.

VEAL BIRDS

Have veal cut from leg in very thin slices; then pound with wooden masher until not over ¼ inch thick. Cut into pieces about three by five inches. In the center of each piece put a spoonful of stuffing. Roll up and tie with string or fasten with small skewers, wrapping a slice of bacon around each "bird." Place in uncovered pan and roast at 350°F. about 45 minutes, or until tender. (It may be necessary, in the case of these small pieces of meat, to add a very little water or meat stock during cooking). The *stuffing* for veal birds should be as moist as possible; use a well seasoned bread stuffing or a combination of sausage meat, onions and bread is good with veal.

STUFFED TOMATOES

4 Servings

Wash and cut off tops of 4 tomatoes; scoop out the pulp very carefully; fill with

1 cup bread crumbs	
1 tablespoon chopped parsley	
1 tablespoon butter	
⅛ teaspoon paprika	1 teaspoon salt
1 tablespoon chopped onion	

and the chopped tomato taken from the shell; put stuffed tomatoes in flat pan with ¼ cup hot water and lay tiny strips of green pepper across top of tomatoes, criss-cross. Bake at 400°F. for 20 minutes.

CROWN ROAST OF PORK

A crown roast is prepared from two loins containing about eight chops each. It makes an especially attractive roast for "company meals". Have the butcher cut and shape ribs into a crown; he will probably fill the center with ground-up meat which may be mixed with bread crumbs and seasoning and used as a stuffing. Season meat with salt and pepper and put a small piece of salt pork on top of each bone to keep them from burning. Place meat in roasting pan and roast, uncovered without adding water, at 325°F., allowing 25 to 35 minutes per pound. When ready to serve, remove pork from bones and replace with paper frills. Garnish platter with fried apple rings and parsley.

OVEN MEALS



MEAT LOAF DINNER
(See page 23 for recipe)

WITH an automatic gas range an entire meal of soup, meat, vegetables and dessert may be cooked in the oven at one time (provided the proper combination of foods are selected). Set the time and heat controls as indicated in your recipes, then arrange food in the oven, being careful that utensils are not too close together (see page 6). When you are ready to serve you will find your dinner hot and cooked "to a turn."

The temperature required for these oven meals varies with the number of cooking hours allowed. For instance, for a two-hour meal use a 300° F. to 350° F. oven; for a three-hour meal 275° F.; for a four-hour meal 250° F.

The menus and recipes in this chapter offer many suggestions for oven-cooked dinners but after a little practice you will be able to make up *your own* combinations to suit the preferences of your particular family.

After preparing the foods and placing them in the oven, practically all the work is done, and the homemaker is free from responsibility. The time control turns the gas on and off at the times set, *automatically*.

These ranges, being insulated, will retain the heat, thus keeping food hot without over-cooking it, and saving fuel at the same time.

A Dinner

THE MEN WILL LIKE

Okra Soup
Stuffed Beef or Calf's Heart
Potatoes New Peas Buttered Beets
Carrot Pudding

Time 2 hours. Temperature 350° F.

OKRA SOUP

2 cups okra pods, canned
1 cup diced celery
1 small green pepper
1 cup diced celery
1 tablespoon chopped onion
3 cups water
½ cup tomato puree
1 cup sweet corn
2 cups chicken soup
1 tablespoon butter
1 tablespoon flour
2 teaspoons salt
1 cup milk

Place okra, celery, pepper, onion, water, tomato puree, corn and chicken soup in kettle. Cover and bring to boiling point on top of range, then place in oven. Cook at 350°F. for 2 hours. Just before time to serve melt butter, add flour and salt, and stir in milk gradually, stirring until smooth. Combine with okra mixture and serve at once.

STUFFED BEEF OR CALF'S HEART

2 calves' or one beef heart
bread stuffing strips of bacon
3 cups stock or fat salt pork
or beef bouillon

Soak the hearts in warm water for one hour, changing twice during the soaking. Cut the tough ventricles away to leave spacious openings. Fill with bread stuffing and bind the bacon or salt pork over, either tying it or fastening with small wooden toothpicks. Place in a casserole or deep baking pan, pour the stock over it, cover closely, and bake at 325°F. to 350°F. for two hours. Remove meat to serving platter.

Thicken the stock with two tablespoons flour moistened with cold water, add three tablespoons tomato catsup, boil thoroughly, then pour over the hearts. Garnish with parsley.

POTATOES

Peel the potatoes, sprinkle with salt and place in casserole with stuffed heart.

NEW PEAS

Shell peas, wash and place in container. Add two tablespoons boiling water, cover tightly and place in oven with meat.

BEETS

Trim off only the rootlets, leaving sufficient leaf stalks to prevent loss of juice. Scrub; add boiling salted water, cover and place in oven with meat.

CARROT PUDDING

(See Page 48 for recipe)

A Popular Dinner

WITH EVERYONE

Smothered Chicken
Boiled Onions Steamed Rice
Butterscotch Pie
(Serve with Asparagus Tip Salad)

Time 2 hours. Temperature 350° F.

SMOTHERED CHICKEN

Singe and remove carefully all the pin feathers from a 4-lb. chicken. Wash thoroughly and cut into pieces, roll the pieces in flour and brown well on all sides in 3 tablespoons butter or butter substitute. Place in casserole or baking dish, add salt, pepper, and enough water to cover bottom of dish—about ½ cup. Cover and cook for 2 hours at 350°F.

BOILED ONIONS

Pare onions and place in triplicate pan, add ½ cup water; a little salt and few grains pepper; clamp lid on tight and place in oven.

STEAMED RICE

Wash 1 cup of rice, put in a triplicate pan, add $1\frac{1}{2}$ cups of water and $\frac{1}{4}$ teaspoon salt. Clamp on lid and place in oven.

BUTTERSCOTCH PIE

{See page 38 for recipe}

AN ECONOMICAL DINNER

Meat Loaf
Parsley Potatoes
Creamed Turnips
Apple Tapioca
(Serve with Tomato Jelly Salad)

Time 4 hours. Temperature 250°F.

APPLE TAPIOCA

Wash 1 cup pearl tapioca well, pare apples and cut in small pieces; put in pudding dish; pour over apples a mixture made from the cup of tapioca, 2 beaten eggs, $\frac{1}{2}$ cup sugar, 1 quart milk, 1 teaspoon vanilla. Place in oven with meat.

A COMPANY DINNER

Roast Chicken
Giblet Gravy Casserole Rice
String Beans
Grape Nut Pudding
(Serve with Hearts of Lettuce Salad)

Time 2 hours. Temperature 350°F.

MEAT LOAF

2 lbs. chopped beef or part veal
1 cup mashed potatoes
 $\frac{1}{2}$ cup bread crumbs
1 egg
1 onion chopped fine
1 green pepper, chopped fine
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
enough milk to moisten

Mix above ingredients thoroughly; pack into casserole or loaf pan, placing a piece of bacon across top if desired. Set indicator at 250°F. and cook 4 hours.

PARSLEY POTATOES

Pare potatoes and cut lengthwise; put in pan and add $\frac{1}{2}$ cup boiling water and a little salt; cover pan tightly. Serve with parsley and butter.

CREAMED TURNIPS

Pare turnips; wash and cut in small pieces. Place in pan, adding a little salt and enough hot water to barely cover. Cover pan tightly. Place in oven with meat. When done, drain off excess liquid and combine with 1 cup white sauce (page 57).

ROAST CHICKEN

Wash, singe and clean a 4 or 5 pound chicken. Rub with salt and pepper inside and out. Truss and tie wings and legs close to body. Rub outside well with butter and sprinkle with flour. Place in uncovered pan and roast at 350°F., allowing 25 minutes per pound, or about 2 hours. (This is a slower oven than the temperature chart - page 8, calls for, but more time per pound is allowed). To make gravy remove chicken to platter; add equal amount flour to fat in roasting pan, having poured off all but 3 tablespoons. Brown over top burner; add water in which giblets have been cooked tender, stirring until smooth and of right consistency. Season to taste and add chopped giblets.

BREAD STUFFING

2 cups bread crumbs
2 tablespoons chopped parsley
2 tablespoons chopped celery
2 tablespoons butter
1 tablespoon chopped onion
salt and pepper to taste
1 teaspoon mixed herbs

Put bread crumbs in bowl and add to them all other ingredients, moisten with hot water, fill fowl and sew up.

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CASSEROLE RICE

Wash $\frac{1}{2}$ cup of rice, put in a glass casserole, cover with a quart of milk, add 2 tablespoons melted butter, $\frac{1}{2}$ teaspoon salt and 1 egg beaten lightly, stir well and cook uncovered in oven.

STRING BEANS

Wash string beans, cut in small pieces. place in pan with 3 tablespoons hot water and a little salt and pepper. Cover tightly and put into oven.

GRAPE NUT PUDDING

6 Servings

2 cups milk	4 teaspoons sugar
$\frac{1}{2}$ cup Grape Nuts	$\frac{1}{4}$ teaspoon vanilla
2 eggs	$\frac{1}{2}$ teaspoon butter
	$\frac{1}{4}$ teaspoon salt

Pour scalded milk on Grape Nuts, cover and allow to stand in a warm place about 10 minutes. Beat eggs and sugar together. Stir into the cooled Grape Nut mixture. Add salt, vanilla and melted butter. Serve warm with cream or lemon sauce.

A YEAR-ROUND FAVORITE

Potato Soup

Roast Lamb Mint Sauce Gravy

Cauliflower Brown Betty

(Serve with Grated Carrot Salad)

Time 2 hours. Temperature 350°F.

Time 3 hours. Temperature 275°F.

POTATO SOUP

6 to 8 Servings

3 potatoes	1 quart milk
1 slice onion	3 tablespoons flour
$1\frac{1}{2}$ teaspoons salt	
2 tablespoons butter	
$\frac{1}{3}$ teaspoon cayenne pepper	
1 tablespoon chopped parsley	

Cook potatoes until tender in boiling water in oven with dinner—when dinner is cooked remove potatoes from oven and

rub through a colander—have ready the milk which has been scalded with onion—remove onion and add milk slowly to potatoes, beating well. Melt butter and dry ingredients together. Stir well and pour into the hot soup. Boil 2 minutes. Serve—sprinkle finely chopped parsley on top of each cup of soup.

ROAST LAMB

Wash lamb well—dry—put in roasting pan—sprinkle with pepper and salt and dredge meat and bottom of pan with a little flour. Roast in uncovered pan at 350°F. for 2 hours, or 275°F. for 3 hours. To make gravy remove roast to platter, add a little flour to grease in pan, having poured off all but 3 tablespoons; place pan on top burner and stir until flour browns. Add boiling water and stir until smooth and of right consistency. Season to taste and add $\frac{1}{2}$ teaspoon kitchen bouquet if gravy is not brown enough.

MINT SAUCE

$\frac{1}{4}$ cup finely chopped mint leaves
$\frac{1}{2}$ cup vinegar
1 tablespoon powdered sugar

Mix sugar and vinegar; when sugar is dissolved pour over mint and let stand 30 minutes over hot water with burner turned very low.

CAULIFLOWER

Wash well and remove outside leaves; put in pan, add $\frac{1}{2}$ cup hot water, add 1 teaspoon salt, cover and place in oven with whole meal. Serve with cream sauce made as follows: Blend $\frac{1}{2}$ tablespoon butter with 1 tablespoon flour; add this to 1 cup hot milk and cook 3 minutes, stirring constantly. Pour sauce over cooked cauliflower, sprinkle with chopped parsley and a dash of paprika.

BROWN BETTY

6 to 8 Servings

3 cups bread crumbs
$\frac{1}{2}$ cup sugar cinnamon
$3\frac{1}{2}$ cups sweetened stewed apples
butter

Butter a baking dish; put in a layer of bread crumbs, then apples, cinnamon and

OVEN MEALS → → → → → → → → → → → → → → →

Cut finely with two knives. Add this finely cut spinach to a cream sauce made by melting 1 tablespoon butter and blending with 1 tablespoon flour, $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper, add 1 cup milk slowly to prevent lumps, stir well, allow 1 cup of cooked spinach to 2 cups of cream sauce. Serve in cups with a little chopped parsley on top.

ROAST VEAL

Wash veal well, dry, put in roasting pan; sprinkle with pepper and salt. Lay thin strips of fat—either suet, salt pork or bacon, over meat. Roast at 350°F . for 2 hours, or at 275°F . for 3 hours. After removing veal from pan add to liquid in pan 1 tablespoon flour, put pan on top burner and stir quickly until flour has browned, not burned; add boiling water, stirring quickly until smooth and the right consistency; add teaspoon salt and $\frac{1}{3}$ teaspoon pepper.

BROWNE POTATOES

Pare and wash potatoes, place around roast in pan.

INDIAN PUDDING

6 to 8 Servings

1 quart scalded milk
 $\frac{1}{3}$ cup sugar $\frac{1}{3}$ cup molasses
 $\frac{1}{2}$ cup cornmeal 1 teaspoon salt
 2 tablespoons butter
 1 cup raisins or other dried fruit

Add sugar, molasses and cornmeal to the milk and cook over boiling water until it begins to thicken. Add the butter and fruit and pour into greased baking dish. Place in oven with meat.

***Note: See pages 31 and 14 for recipes for Baking Powder Biscuit and Fried Egg Plant.**

When you are planning a FISH DINNER

Tomato Soup
 Baked Stuffed Haddock Egg Sauce
 Creamed Onions Baked Potatoes
 Swiss Pudding with Liquid Sauce

Time 1 hour. Temperature 450°F .

TOMATO SOUP

6 Servings

1 can tomato 1 slice onion
 puree 4 tablespoons flour
 2 teaspoons sugar 1 teaspoon salt
 $\frac{1}{4}$ teaspoon soda $\frac{1}{8}$ teaspoon pepper
 1 quart milk

Scald milk and thicken with paste made from blending flour and butter until perfectly smooth; being careful to stir paste in gradually so it does not lump. Cook tomatoes and sugar, also the onion, for 15 minutes. Then remove onion and add soda. Combine mixture after taking from fire—add salt and pepper and serve.

BAKED HADDOCK

Clean a 4 pound haddock, sprinkle with salt inside and out, stuff and sew. Cut a slanting dash on each side of backbone and insert a narrow piece of bacon or salt pork. Place on a well buttered fish sheet in a shallow roasting pan, sprinkle with salt and pepper; pour over it melted butter and dredge with flour and place around fish small pieces of fat salt pork. Set indicator at 450° and cook 1 hour. Serve with egg sauce. Garnish with lemon and parsley.

FISH STUFFING

1 cup of stale bread crumbs, $\frac{1}{4}$ cup melted butter, $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, few drops onion juice, $\frac{1}{4}$ cup hot water; mix well before stuffing fish.

EGG SAUCE

$\frac{1}{3}$ cup butter $\frac{1}{2}$ teaspoon salt
 3 tablespoons flour $\frac{1}{8}$ teaspoon pepper
 1½ cups hot water or fish stock
 1 teaspoon lemon juice

Melt the butter, add flour and seasoning, and pour the hot water on gradually. Boil 5 minutes, and to the sauce add hard boiled eggs cut in slices.

CREAMED ONIONS

4 Servings

1½ lbs. onions 2 tablespoons butter
 2 teaspoons salt 2 tablespoons flour
 water 1 cup milk

Wash and skin onions, put into sauce pan. Add $\frac{1}{2}$ cup boiling water; add salt, clamp lid on and cook in oven with fish. Serve with cream sauce made by melting butter in sauce pan, adding flour, salt and pepper and blending well. Then add milk and boil for 1 minute.

BAKED POTATOES

Wash very clean, butter skins and put in oven with fish.

SWISS PUDDING

6 Servings

$\frac{1}{2}$ cup butter grated rind of
 $\frac{3}{4}$ cup flour 1 lemon
 2 cups milk 5 eggs
 $\frac{1}{3}$ cup powdered sugar

Cream butter, gradually add flour (sifted once); scald milk with the lemon rind; add to the first mixture and cook 5 minutes in double boiler. Beat yolk of eggs until thick and lemon colored. Add sugar, gradually, then add to cooked mixture; cool, cut and fold in egg whites beaten stiff. Turn into buttered mould, cover and steam in oven with fish dinner.

Serve with a liquid sauce made as follows: Mix $\frac{1}{2}$ cup sugar with $\frac{1}{2}$ tablespoon cornstarch and a few grains of salt. Add gradually, while stirring constantly, 1 cup

boiling water and boil 5 minutes. Remove from fire and add 2 tablespoons lemon juice and color with fruit juice.

A Special Dinner for SATURDAY NIGHT

Baked Ham Apple Sauce
 Casserole Potatoes Buttered Beets
 Date Pudding
(Serve with Cabbage and Relish Salad)

Time 3 hours. Temperature 275°F.

BAKED HAM

Scrub ham well. Soak over night, in morning cover with cold water and simmer gently, for 1 hour. Remove skin. Pierce with cloves, pour over it 3 tablespoons vinegar and 2 tablespoons sugar, mixed; cover, set indicator at 275°F. and cook for 3 hours.

After required time remove ham from oven, pour out most of the grease; mix remainder with a tablespoon of flour, stir well until brown and then add hot water until gravy is of required consistency; add dash of pepper.

APPLE SAUCE

Pare and cut up into eighths 4 apples, wash well, add 2 tablespoons sugar and $\frac{1}{4}$ teaspoon nutmeg and about $\frac{1}{2}$ cup water; put in pan, put on lid and place in oven with ham.

CASSEROLE POTATOES

6 to 8 Servings

6 or 8 small potatoes
 1 onion
 2 tablespoons parsley
 small green pepper
 $\frac{1}{4}$ cup butter
 1 teaspoon salt
 few grains pepper
 2½ cups water
 $\frac{3}{4}$ cup buttered bread crumbs

Pare and slice potatoes and onion very thinly. Finely cut parsley and green pepper

OVEN MEALS → → → → → → → → → → → → → → →

with scissors. Arrange alternate layers of vegetables in greased casserole; dot with butter. Add salt and pepper to water; pour over vegetables and cover with crumbs. Bake in oven with ham.

BUTTERED BEETS

Wash beets well and cut off leaves, but leave a little stem so beets will not bleed; add $\frac{1}{2}$ cup hot water; put on lid and place in oven with ham. To serve, pare and slice beets; add pepper, salt and butter to taste.

DATE PUDDING

5 Servings

- $\frac{1}{2}$ lb. stoned dates
- $\frac{1}{4}$ lb. beef suet
- 1 cup flour
- 1 teaspoon ground ginger
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1 cup bread crumbs
- 2 eggs
- $\frac{2}{3}$ cup milk

Chop the dates and suet finely. Add all the dry ingredients and moisten with the eggs, well beaten, and milk; turn into greased pan; cover and put into oven with ham.

SAUCE FOR PUDDING

- 2 egg yolks
- $\frac{3}{4}$ cup powdered sugar
- 1 teaspoon vanilla
- $\frac{1}{2}$ pint whipped cream

Beat eggs thoroughly, add sugar, beat again and add whipped cream and vanilla.

BUSINESS WOMEN'S DINNER

Smothered Ham
Scalloped Potatoes Buttered Peas
Hearts of Lettuce—Russian Dressing
Cottage Pudding Strawberry Sauce

Not an oven meal.

SMOTHERED HAM

A slice of ham at least $\frac{1}{2}$ inch thick. Wash and wipe dry. Put $\frac{3}{4}$ cup brown sugar and $\frac{1}{2}$ cup water in a skillet and when dissolved add the ham. Add 2 tablespoons vinegar and cook slowly for $\frac{1}{2}$ to $\frac{3}{4}$ of an hour depending upon the size and thickness of the ham. Add more sugar and water if necessary. $\frac{1}{4}$ teaspoon of dry mustard adds to the flavor.

SCALLOPED POTATOES

Pare potatoes and cut in very thin slices. Place a layer of sliced potatoes in buttered baking or casserole dish. Sprinkle with salt and pepper and dredge with flour. Dot with small pieces of butter. Repeat until dish is nearly full. Pour over the potatoes enough hot milk to almost cover. Bake at 375°F. for almost 2 hours until potatoes are tender.

If peas are cooked with potatoes, set oven heat control to allow $1\frac{1}{4}$ hours cooking time for potatoes. Then put peas in oven with potatoes and cook both for 45 minutes.

BUTTERED PEAS

Wash and shell peas. Put in a pan and add just enough boiling water to cover. Cover with lid, put in oven with potatoes for 45 minutes or boil on the top of the range for 15 minutes. Add butter, salt and pepper when serving.

HEARTS OF LETTUCE, RUSSIAN DRESSING

To $\frac{1}{2}$ cup mayonnaise add $\frac{1}{4}$ cup chili sauce, 1 tablespoon chopped sweet pickle, and 1 tablespoon chopped stuffed olives. Cut head of lettuce in quarters, wash and dry and pour the dressing over each serving.

COTTAGE PUDDING

- | | |
|------------------------------|------------------------------|
| $\frac{1}{3}$ cup shortening | 3 teaspoons baking |
| $\frac{2}{3}$ cup sugar | powder |
| 1 egg | $\frac{1}{2}$ teaspoon salt |
| 1 cup milk | grated rind of $\frac{1}{2}$ |
| 2 cups flour | lemon |

Cream the shortening and sugar until light, add the egg, well beaten, then the milk and lemon rind and last of all the flour, salt, and baking powder sifted together. Beat thoroughly, turn into a greased pan or muffin tins and bake at 375°F. for 15 to 20 minutes. Serve with strawberry sauce.

BAKING



THERE is no such thing as luck in baking when you have exact measurements, and certainly not the least important of these measurements are time and temperature. Your ingredients correct, with the time and temperature controls on your automatic gas range, you can always get perfect results. Cakes, cookies, and pies are baked at exactly the right temperature for exactly the right length of time simply by following the directions indicated by your automatic gas range manufacturer or by your favorite cooking authority. You don't have to guess whether your oven is too hot or not hot enough, whether your food has baked too long or not long enough. You *know*! At the end of the designated time you will find your foods in the oven have been cooked to perfection without any testing or watching whatever.

BREADS WITHOUT YEAST

MUFFINS

2 cups flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ tablespoon sugar
3 tablespoons butter or substitute

3 teaspoons baking powder
1 cup milk
2 eggs

Sift together flour, baking powder, salt and sugar; add milk, well-beaten eggs and melted shortening; pour into well greased muffin tins, place tins in center of oven; bake at 400°F. for 20 to 25 minutes. Yields 12.

POPOVERS

1 cup flour
 $\frac{1}{4}$ teaspoon salt
 1 tablespoon melted butter

$\frac{7}{8}$ cup milk
 2 eggs

Sift salt and flour; add milk gradually in order to obtain a smooth batter; add eggs beaten until light, add butter; beat 2 minutes; turn into hot buttered muffin tins, bake at 450°F. for 30 minutes. Reset to 350°F. for 15 minutes.

These may be served for breakfast or as a luncheon dessert with chocolate sauce.

DOWN SOUTH SALLY LUNN

6 Servings

1½ tablespoons butter	¼ teaspoon salt
2 tablespoons sugar	2 teaspoons
3 eggs	baking powder
1¾ cups flour	1 cup milk

Cream the butter and sugar together, add egg, beating well after each whole one is added. Sift the dry ingredients and add alternately with the milk. Mix well. Bake in a greased cake pan at 350°F. for 40 minutes.

NUT BREAD

2 tablespoons shortening
 $\frac{1}{2}$ cup brown sugar
 1 egg
 $3\frac{1}{2}$ cups whole wheat flour
 4 teaspoons baking powder
 1 teaspoon salt
 $1\frac{1}{2}$ cups milk
 $\frac{1}{4}$ lb. chopped black English walnuts

Cream shortening and sugar, add beaten egg, sift flour, baking powder and salt together, add alternately with milk. Stir in the nut meats well floured. Place in a sandwich loaf pan. Bake at 350°F. for 1 hour.

VIRGINIA SPOON BREAD

6 Servings

1¼ cups cornmeal
1 teaspoon salt
1 cup boiling water
3 tablespoons melted butter
1 cup flour
3 teaspoons baking powder
¼ cup shortening
3 eggs
1 cup milk

Place cornmeal and salt in bowl. Pour boiling water over them. Add butter and stir until smooth. Add milk and set aside to cool. Sift flour and baking powder together. Stir beaten egg yolks into cornmeal mixture, and then flour and beaten egg whites. Add melted shortening. Pour mixture into pan and bake at 350°F. for 30 or 35 minutes.

BAKING POWDER BISCUIT

5 to 6 Servings

2 cups flour
1 teaspoon salt
4 teaspoons baking powder
2 tablespoons butter or substitute
 $\frac{2}{3}$ cup milk (about)

Sift together flour, salt, baking powder cut in shortening with knife; add milk gradually to make soft dough; turn on board and roll out quickly; lightly cut with round cutter; place on greased baking sheet. Bake at 450°F. 12 to 15 minutes.

SCONES

8 Servings

4 cups flour
 $\frac{3}{4}$ cup butter or shortening
 $\frac{3}{4}$ cup sugar (scant)
 1 cup milk
 4 teaspoons baking powder
 $\frac{1}{2}$ cup small raisins 1 egg

Sift flour and baking powder together; add sugar and rub in butter lightly with finger tips; beat egg and add $\frac{3}{4}$ of it to dry ingredients; add milk to make a fairly soft dough. Roll out and cut into triangular shapes, place on greased baking sheet; brush over with remaining egg and bake at 450°F. for 15 minutes.

CAKES

There are two classes: "butter" cakes and cakes without butter.

"Butter" cakes are cakes in which butter or other shortening is used. They may be plain, or they may contain nuts, cocoanut, chocolate or fruit. There are a few "quick" cakes in which all ingredients are dropped into a bowl, and the entire mass beaten for several minutes. In most cases, there is a definite procedure. Shortening is creamed until it is very soft; sugar is added gradually while the mixture is being thoroughly creamed with a spoon (preferably wooden). This should be done thoroughly, since it has a favorable effect on the grain of the cake. Then eggs (well-beaten) or yolks are added, and the mixture thoroughly beaten. Sifted dry ingredients and liquid should be added alternately, with *as little beating as possible*. Long beating develops the gluten in the flour, making the cake close grained and less light, and tends to develop tunnels. If egg whites are to be added separately, they are folded in with as few motions as possible just before cake is ready for the oven. Aluminum, oven glass or block tin dishes are suggested for baking. A satisfactory method of preparing the pans is to place a moderately heavy piece of waxed paper, cut to fit, in the bottom of the pan. No oil is required. When the cake is baked, it should be inverted at once upon a cooling rack, to prevent soginess, and the paper peeled off.

Be sure the oven is at the correct temperature when the cake goes in. Too cool an oven will make your cake coarse grained, too hot an oven may burn the cake on the top or bottom while it is still raw in the center; or the center may hump up or the crust may form so quickly that the cake

cannot rise. A sudden change of temperature may make the cake fall. In general, the more shallow the butter cake, the higher the temperature; layer cakes other than chocolate are baked at 375°F. Loaf cakes and all chocolate cakes are baked at 350°F. When the cake shrinks from the edge of the pan, springs back when pressed gently by the finger, or leaves a cake tester clean, it is done.

CAKES WITHOUT BUTTER

Angel foods, sponge cake and sunshine cake come under this heading. All depend upon the air enclosed in eggs to rise, and therefore require careful handling and a very slow oven. When eggs have been beaten, ingredients are folded in very carefully, rather than beaten in. The mixture is poured into an unoiled pan, so the batter may cling to the sides as it rises, and hollow center so that it may cook from center as well as from the outside. The cake is baked at 300°F. to 325°F. for an hour or slightly more, and is then allowed to "hang" upside down in the pan until it has cooled, when it may be removed very easily. Jelly roll is an exception to this procedure. It is poured into a shallow pan lined with heavy waxed paper and baked at 375°F. for about 25 minutes, then it is turned out on a towel, the crust cut off, and spread with jelly and rolled hot.

CHAPEL WINDOW CAKE

1 cup butter	3 teaspoons
2 cups sugar	baking powder
3 eggs	1 cup milk
2½ cups flour	½ orange rind

Beat butter and 1 cup of sugar to a cream; add second cup of sugar gradually. Mix in well. Beat yolks of eggs and add to mixture, beating well. Sift flour and baking

powder three times and add to mixture alternately with milk; beat whites of eggs to a stiff froth and add lastly, folding in lightly. Divide the mixture into 2 parts, color 1 part orange, bake in separate pans, at 375°F. for 20 minutes. Allow to cool. Then place 1 cake on top of the other with butter cream between. Cut into strips about 1 inch wide and place all strips together again with colors reversed each time to form alternate squares. Ice top of cake with glaze icing.

DREAM CAKE

$\frac{2}{3}$ cup butter	
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon salt
3 eggs	1 cup milk
3 cups sifted pastry flour	1 teaspoon
3 teaspoons baking powder	flavoring

Cream butter and sugar together well. Add eggs, beaten until light. Sift dry ingredients together and add alternately with the milk. Add flavoring and beat well until light and full of bubbles. This makes a large loaf cake or three layers. For loaf cake, bake at 350°F. for 30 minutes. For layers, bake at 375°F. for 25 minutes. This cake may be made in a long flat pan, spread with a colored icing, decorated and then cut into 50 pieces.

EVERY-DAY POUND CAKE

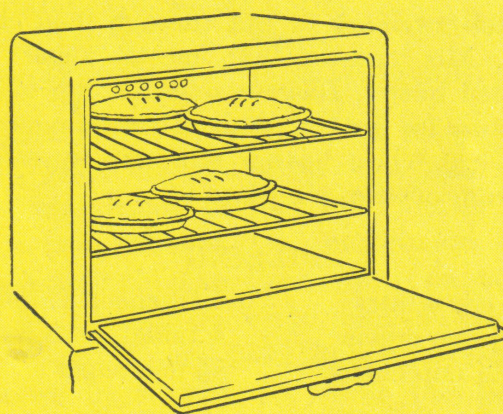
$\frac{1}{4}$ lb. butter	1 teaspoon baking
1 cup sugar	powder
2 eggs	$\frac{1}{2}$ cup milk
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon vanilla
$1\frac{1}{2}$ cups flour	$\frac{1}{8}$ teaspoon nutmeg

Cream butter and sugar together until very light; add egg yolks beaten well; beat; sift salt and baking powder with flour; add alternately with milk to batter; fold in beaten whites; bake at 350°F. for 45 minutes.

GETTING THE MOST OUT OF YOUR OVEN

It is more economical, of course, to bake as many dishes as can possibly fit into your oven at *one time*.

The position of the foods in the oven is more important in baking than in whole-meal oven cooking. In the latter you can place as many pans in the oven as it is possible to get in.



For evenness in baking, "stagger" the pans in alternate positions on the racks, instead of placing them directly over and under one another. Less gas is consumed when the pans are placed in alternate positions on the racks, and the oven air circulates better.

STRAWBERRY SHORTCAKE

2 cups flour	$\frac{1}{3}$ cup butter
4 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon salt	1 box strawberries
1 tablespoon sugar	whipped cream

Mix dry ingredients. Chop in the butter with a knife. Add the milk gradually. Toss on board and roll out. Bake in a buttered pie plate at 500°F. for 12 minutes. When baked split in two pieces. Spread the lower half first with butter and then

CAKES → → → → → → → → → → → → → → → →

with the softer and smaller berries which have been crushed a little and sweetened to taste. Place top half in position and cover with whipped cream. Arrange the berries attractively on the whipped cream.

CHEESE PIE WITH ZWEIBACK CRUST

1½ cups zweiback crumbs
½ cup chopped nut meats
½ cup sugar
½ cup melted butter
1 egg white beaten stiff

Roll zweiback or put through food chopper. Mix crumbs, nut meats, sugar and melted butter. Reserve one-half cup of this mixture for the top of pie. To remainder add the egg white beaten stiff and spread in bottom of deep pie plate.

FILLING

4 egg whites	1 teaspoon vanilla
⅔ cup cream	4 tablespoons flour
1¼ cup cheese	⅔ cup sugar

Beat egg whites very stiff. Beat cream until stiff and add cheese. (A combination of cream or cottage cheese and other soft cheese may be used). To the cheese add vanilla, flour mixed with sugar and the egg whites.

Turn filling into pie plate lined with Zwieback Crust. Sprinkle with reserved crumbs and bake at 300°F. until filling is firm, about 1 hour and 15 minutes.

RIBBON CAKE

⅔ cup butter
1½ cups sugar
3 cups pastry flour
¼ teaspoon salt
1 cup milk or water
4 teaspoons baking powder
3 egg whites
1 teaspoon vanilla

Cream butter well, add sugar gradually and cream again. Add 2½ cups of flour which has been sifted with salt. Add the milk or water alternately with flour, then beat thoroughly. Fold in remaining ½ cup

of flour which has been sifted with baking powder. Cut in the stiffly beaten egg whites and the vanilla. Divide the batter into three portions. To one portion add a little green coloring, to another pink coloring and to the third portion add 1 egg yolk. Bake in layers at 375°F. for 20 to 25 minutes.

CRUMB CAKE

2½ cups flour
2 cups brown sugar
½ cup soft butter

Mix well together. Take out ¾ cup of mixture for top. Add to remainder: 1 egg, ¾ cup sour milk, ½ teaspoon soda, and 1 teaspoon cinnamon. Beat hard until the batter is smooth. Pour into greased pan, sprinkle the crumb mixture over the top. Bake at 325°F. for 20 minutes; then at 350°F. for 20 minutes more.

GRAHAM CRACKER CAKE

1 tablespoon butter
1 cup condensed milk
1 egg
1 cup finely rolled graham crackers
1 teaspoon baking powder
⅛ teaspoon salt
½ teaspoon vanilla
½ cup chopped nut meats

Melt butter, add to condensed milk. Add well beaten egg yolk and graham crackers. Add baking powder and salt, mix well. Add vanilla and chopped nut meats. Lastly fold in stiffly beaten egg white. Turn into well greased pan and bake at 350°F. for 35 minutes.

DEVIL'S FOOD CAKE

½ cup butter
2 cups sugar
4 eggs
1 cup milk
2½ cups flour
3 teaspoons baking powder
½ teaspoon salt
2 squares chocolate melted over hot water

Cream the butter and add gradually 1 cup sugar. Beat yolks of eggs until thick and lemon colored. Add gradually the re-

mainder of sugar. Beat all together until light and thick. Add milk and flour, alternately, starting with flour. Add salt and baking powder sifted together, then add whites of eggs beaten stiff, and the melted chocolate. Bake in tube pan at 350°F. for 45 minutes, or in layer cake pans at 375°F. for 25 to 30 minutes.

GOLD CAKE

$\frac{1}{2}$ cup butter
 $1\frac{1}{2}$ cups sugar
 yolks of 8 eggs
 1 teaspoon orange juice
 $2\frac{1}{2}$ cups flour
 $\frac{1}{4}$ teaspoon salt
 4 teaspoons baking powder

Cream butter and sugar together until very light; add egg yolks, beaten well; beat all together, add orange juice; sift flour, salt and baking powder together four times; add alternately with milk; bake at 350°F. for 55 minutes.

JELLY ROLL

3 eggs ¼ teaspoon salt
1½ cups sugar juice and rind of 1 lemon
2 cups flour ½ cup boiling water
2 teaspoons baking powder

Beat whites of eggs until light, add 1 cup sugar; beat yolks; add to them $\frac{1}{2}$ cup sugar; mix together and beat well. Sift together (4 times) flour, baking powder and salt; add slowly to mixture; add rind and juice of 1 lemon and $\frac{1}{2}$ cup boiling water; stir, put mixture in a sheet pan and bake at 375 F. for 25 minutes. Remove from pan when done and turn on a folded damp cloth; spread quickly with jelly and roll.

1-2-3-4 CAKE

1 cup butter
2 cups sugar
4 eggs, beaten separately
1 cup milk
3 cups flour
3 teaspoons baking powder

Cream butter and sugar, add beaten egg yolks, flavoring; add milk alternately with

flour and baking powder sifted together; fold in beaten whites; pour mixture into well greased pan; bake at 350°F. for 1 hour.

LAYER CAKE

$\frac{2}{3}$ cup butter
 $1\frac{1}{4}$ cups sugar
 3 eggs
 1 teaspoon vanilla
 3 cups flour
 3 teaspoons baking powder
 1 cup milk or water
 $\frac{1}{4}$ teaspoon salt

Cream butter and sugar; add well beaten egg yolks; add flavoring; sift flour, salt and baking powder together three times and add flour and milk alternately to above mixture. Finally add well-beaten whites of eggs. Bake at 375°F. for 25 to 30 minutes.

LEMON JELLY CAKE

1 cup butter
2 cups sugar
4 eggs
1 cup milk
3½ cups flour
3 teaspoons
baking powder

Flavor with vanilla or nutmeg

Cream the butter and add sugar gradually. Add well beaten egg yolks; mix well. Add alternately milk and flour to which has been added the baking powder and lastly add flavoring. Bake in three layers at 375°F. for 30 to 35 minutes.

LEMON FILLING

Juice and grated rind of 2 large lemons (have at least $\frac{1}{2}$ cup juice). 2 cups sugar, 2 eggs, $1\frac{1}{2}$ cups water. Let come to a boil, then add a full tablespoon cornstarch and stir constantly until it is clear. Cool and spread on cake.

Make cake ahead of time so it will be entirely cold when filling is added.

OLD FASHIONED SOFT GINGER BREAD

1 cup dark molasses
1 teaspoon soda
2 tablespoons shortening
1 cup brown sugar
½ teaspoon allspice
1 teaspoon cinnamon
2 teaspoons ginger
1 egg
3½ cups flour
1½ teaspoons baking powder
1 cup sour milk

Put molasses in bowl; pour over soda 2 tablespoons boiling water; add to molasses; add shortening, sugar, spices, egg and beat well. Sift baking powder with flour and add flour and milk alternately; pour into a large sheet pan. Preheat oven 10 minutes and bake at 350°F. for 40 minutes.

APPLE SAUCE CAKE

2 tablespoons butter
1 cup sugar
1 cup raisins
1 teaspoon cinnamon
1 teaspoon cloves
½ teaspoon nutmeg
1½ cups unsweetened apple sauce
Add 2 level teaspoons baking soda
1 teaspoon baking powder
pinch of salt 2½ cups flour

Cream butter and sugar together until very light; add raisins and spices; add to the mixture the apple sauce, flour and baking powder (sifted with flour); pour in loaf tin, bake on middle rack of gas range oven at 350°F. for 50 minutes.

ANGEL CAKE

¾ teaspoon cream tartar
8 egg whites ¼ teaspoon salt
¾ teaspoon vanilla 1¼ cups sugar
¼ teaspoon almond 1 cup flour

Beat whites of eggs; add cream of tartar just before whites are stiff, then salt; sift sugar in gradually and beat well; finally fold in flour which has been sifted four times. Place in floured pan and bake at 325°F. for 1 hour. Invert pan. Remove cake when cold.

FRUIT CAKE

1 lb. currants	1 teaspoon
1 lb. raisins	cloves
¼ lb. candied cherries	½ teaspoon
½ lb. citron cut fine	allspice
½ cup walnut meats	1 teaspoon
4 cups flour	cinnamon
1 cup butter	2 teaspoons
2 cups sugar	baking powder
4 eggs	½ cup milk

Pick over and clean currants and raisins, wash and dry well. Put all fruit and nut meats in large utensil; sprinkle with part of flour and mix well. Cream butter, gradually add sugar and well beaten yolks; sift the remainder of the flour with the spices and baking powder and add alternately with milk to the other mixture, starting with dry mixture; now fold in well beaten whites and add the fruit; use heavy wooden spoon and mix very well.

Line a well buttered pan with buttered paper and bake at 275°F. for 5 hours or 350°F. for 2 hours and 30 minutes.

CHECKER BOARD CAKE

1 cup butter	4 teaspoons baking
2 cups sugar	powder
5 eggs (separated)	2 teaspoons vanilla
1 cup milk	1½ squares
4 cups flour	chocolate (melted)

Cream butter and sugar, add beaten egg yolks, milk and flour sifted with baking powder. Add flavoring and stiffly beaten egg whites. Divide batter into two parts. Add melted chocolate to one part. Prepare three round layer cake pans. In each of two pans place an outer ring of dark batter, a middle ring of light batter and an inner ring of dark batter. In the third pan, place an outer ring of light batter, a middle ring of dark batter and an inner ring of light batter. Bake layer cakes at 375°F. for 20 minutes. When baked, place third layer between the other two. Do not ice between layers. The cake when cut will show brown and white squares. (Note: An inexpensive outfit, consisting of three pans and a mold, can be purchased which greatly simplifies the baking of this cake).

ICINGS FOR CAKES

BOILED ICING

$\frac{3}{4}$ cup sugar $\frac{1}{3}$ cup boiling water
 $\frac{1}{2}$ teaspoon cream of tartar
 1 egg white, stiffly beaten

Dissolve sugar and cream of tartar in boiling water. Place over fire and boil until a small amount of syrup forms a soft ball in cold water, or spins a thread. Pour syrup slowly over egg white, beating constantly. Continue beating until stiff enough to spread on cake.

BUTTER ICING

1 lb. confectioners' sugar
 2 tablespoons butter
 1 teaspoon flavoring
 $\frac{1}{2}$ tablespoon boiling water or milk

Remove lumps from sugar; add sugar to butter gradually, beating well; add water until icing is thick enough to spread without running. Decorate with pastry tube if desired.

SEVEN MINUTE FROSTING

2 egg whites
 $1\frac{1}{2}$ cups sugar
 1 teaspoon vanilla
 5 tablespoons cold water
 $\frac{1}{2}$ teaspoon cream of tartar

Put egg whites, sugar, water, and cream of tartar in upper part of double boiler. Beat with egg beater until thoroughly mixed. Place over boiling water, beat constantly with beater, and cook for 7 minutes, or until frosting will stand in peaks. Remove from fire, add vanilla, and beat until thick enough to spread.

MOCHA ICING

1 cup 4x sugar
 1 tablespoon butter
 $\frac{1}{2}$ cup cocoa
 1 teaspoon vanilla
 hot coffee

Mix sugar, butter and cocoa. Moisten with sufficient coffee to spread. Add vanilla and spread on cake while still warm.

MARSHMALLOW ICING

10 marshmallows
 1 cup granulated sugar
 $\frac{1}{4}$ cup water
 white of 1 egg

Boil sugar and water until it threads; add to white of egg beaten to stiff froth; beat in marshmallows one at a time; continue beating until thick enough to spread.

ORANGE FROSTING

grated rind of 1 orange
 1 tablespoon orange juice, hot
 2 teaspoons lemon juice, hot
 1 egg yolk, slightly beaten
 $1\frac{3}{4}$ cups sifted confectioners' sugar

Add rind to fruit juices and let stand 15 minutes. Strain, and add gradually to egg yolk. Stir in confectioners' sugar until right consistency to spread.

LEMON ICING

1 cup 4x sugar
 2 tablespoons boiling water or milk
 $\frac{1}{4}$ teaspoon lemon extract
 or 1 teaspoon juice

Mix until smooth and of consistency to spread.

HOW TO WHIP EVAPORATED MILK

When you whip a whole can of milk:

1. Place the unopened can (small or large) in a saucepan and cover completely with cold water.
2. Bring to boiling point quickly and boil 1 minute.
3. Then remove and chill the can of milk thoroughly. (It can be left in the refrigerator indefinitely).
4. Open can and whip the milk immediately with a chilled beater in a cold bowl. (The whipping requires from 5 to 8 minutes).

Evaporated milk triples itself in whipping whereas cream only doubles. If your recipe calls for $\frac{1}{2}$ cup whipping cream, use only $\frac{1}{3}$ cup evaporated milk to obtain the same amount when whipped.

PIES**GENERAL RULES FOR
PASTRY-MAKING:**

1. A safe proportion of shortening to flour is 1 part shortening to three parts flour. Shortening should be cut in to make a consistency similar to corn-meal.
2. Just enough water should be added so that the dough can be gathered together in a mass, leaving the bowl clean. More will make the crust tough.
3. Water should be added slowly, and mixed with knife, fork or pastry blender.
4. For ordinary pastry both shortening and water should be cold. For hot-water pastry, the dough should be thoroughly chilled before rolling.
5. Roll the dough quickly and lightly to a thickness of about an inch. Roll up this "patty" and chill for at least half an hour.
6. Cut off the necessary amount of dough, roll it lightly, keeping it round until it is about $\frac{1}{8}$ inch thick. If the shell is to be baked first, the paste is fitted to the bottom of the pan, pressed down firmly and trimmed. It is then pierced several times with a fork and baked at 475°F . for 12 minutes.
7. If the filling is to be placed in the raw crust, the inside of the pan is lined and the paste pierced. For a one-crust pie, the rim is fluted. For a two-crust pie, the filling is put in and the edge of the crust moistened. Gashes are cut in the upper crust to allow the escape of steam; then it is fitted over the pie. Both edges are fluted together and the temperature reduced as your recipe indicates.

PIE CRUST (PLAIN)

$1\frac{1}{2}$ cups flour $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup shortening
 about 3 tablespoons cold water

Chop shortening into flour and salt with knives or pastry blender; add very cold water to moisten; turn out on board and roll to desired thickness. This will be enough for two crusts for one pie.

PUFF PASTE

1 cup bread flour
 1 tablespoon lard or crisco
 cold water
 $\frac{7}{8}$ cup butter

Chop lard or crisco into the flour. Mix well. Moisten to a dough with cold water, pat and roll out. Dot with washed butter the lower center part, fold over the top then turn the right side over half way and the left side under half way. Turn it around and roll away from yourself. Roll mixture in rectangular shape and repeat adding the butter until it is all used. Wrap in cheese cloth and put it in a covered vessel on the ice. The pastry itself should never come in direct contact with the ice. In 10 minutes remove from the ice and roll out the desired thickness for the pastries you are going to make. For French pastries about $\frac{1}{8}$ inch in thickness is best. Tartlets should be rolled to about $\frac{1}{4}$ inch in thickness, also pattie shells.

All puff paste should be made in a cold room and cold utensils should be used.

BUTTERSCOTCH PIE

$1\frac{1}{2}$ cups light brown sugar
 3 tablespoons butter 6 tablespoons
 $\frac{1}{8}$ teaspoon salt sugar
 $1\frac{1}{2}$ cups milk 3 eggs
 $4\frac{1}{2}$ tablespoons flour 1 teaspoon vanilla
 4 tablespoons water 1 pastry shell

Mix brown sugar, butter, salt, milk and flour mixed to smooth paste with water. Bring to the boil and then cook in a double boiler for 6 minutes. Add well beaten egg yolks. Add vanilla and pour into baked pastry shell. Cover with meringue made of egg whites and the 6 tablespoons sugar. Bake at 300°F . for 15 minutes. Makes one large pie.

NOTE: In baking fruit pie, dust the lower crust with a scant tablespoon of flour, put in fruit, cover with top crust and place uncooked pieces of macaroni in slits on upper crust. By using these as funnels the juice will not run over into the oven. Wet edges of crust with milk or water before pinching together.

APPLE PIE

Pare and cut tart apples in eighths; line pie plate with pastry; fill with the apples and dredge with 3 tablespoons sugar, 1 teaspoon cinnamon and dot with small lumps of butter; cover with a scored upper crust, bake at 450°F. for 15 minutes. Reduce heat to 400° F. and bake 25 minutes longer. Some prefer only one crust, in which case make a lattice work of strips of pie crust.

CRANBERRY PIE

1 quart cranberries
1½ cups sugar
1 pint water

Simmer the cranberries in the water until very soft, add the sugar, and while cooling, line a deep plate with pie crust. Pour in the cranberries and cover with criss-cross strips of crust. Bake 25 minutes at 450° F.

RAISIN PIE

Soak one package seeded raisins with $\frac{1}{2}$ cup sugar and 1 cup boiling water, juice and rind of 1 lemon, 30 minutes; add 1 tablespoon cornstarch, mixed with 1 tablespoon cold water, cook on top burner for 5 minutes, stirring constantly; bake between two crusts at 450°F. for 25 to 30 minutes.

BANANA CREAM PIE

2 bananas	1 cupful milk
$\frac{1}{2}$ cupful sugar	2 eggs
2 tablespoons flour	

Slice bananas into baked pie shell. Cook in double boiler, until thick, the milk, sugar, yolks of eggs and flour. Let it cool and flavor with any flavoring; orange is nice in this. Pour over bananas. Make a meringue out of the egg whites and spread over pie. Brown in oven.

CHERRY PIE

3 cups pitted cherries 1 cup sugar
 flour

Line pie plate with dough and fill with cherries and sugar. Sprinkle with flour. Cover with top crust; press edges together firmly. Make 3 cuts across top for air holes. Bake for 15 minutes at 450°F., reduce heat to 400°F. and bake for 25 minutes longer.

COCOANUT CUSTARD PIE

1 large cup grated cocoanut
1 tablespoon melted butter
1 pint milk 3 eggs
 $\frac{3}{4}$ cup sugar $\frac{1}{4}$ teaspoon salt

Separate the eggs and beat yolks until light, gradually add sugar and heat until light and lemon colored. Add butter and stir in milk, salt and $\frac{3}{4}$ cup of cocoanut. Pour into a deep pie plate lined with plain pastry and bake at 475°F. for 10 minutes. Reduce heat to 325°F. and bake 30 minutes longer. Remove from oven and while the pie is cooling beat the whites of the eggs to a stiff froth, adding 3 tablespoons powdered sugar and spread on the pie. Sprinkle remaining cocoanut on top and brown in quick oven.

LEMON MERINGUE PIE

Have ready a baked pie shell and fill with following filling:

1 cup sugar	1½ cups boiling water
2 tablespoons cornstarch	1 tablespoon butter
2 lemons	3 egg yolks

Mix sugar and cornstarch with juice of 2 lemons and rind of 1 lemon; add boiling water slowly; cook 10 minutes in double boiler; take small part of mixture and add well beaten yolk of eggs. Pour into whole mixture and cook for 5 minutes, add butter. Pour into baked pastry shell. Cover with meringue made from well beaten whites of eggs and 2 tablespoons powdered sugar. Spread over pie and brown in slow oven 300°F. for 15 minutes. Cool.

GRAHAM CRACKER PIE

- 16 Graham Crackers rolled
- 2 tablespoons butter
- $\frac{1}{2}$ cup sugar
- 1 teaspoon cinnamon

Cream butter, sugar and cinnamon together and add to the rolled crackers. Spread $\frac{2}{3}$ of this mixture on the bottom of a slightly greased large pie plate.

- For filling—In a double boiler, cook,
- 2 tablespoons cornstarch
 - 3 egg yolks beaten
 - $\frac{1}{2}$ cup sugar
 - 2 cups milk
 - 2 tablespoons butter

Cool and add 1 teaspoon vanilla flavoring, then pour this on the bottom layer of crumbs. Beat the whites of the eggs stiff adding 3 tablespoons sugar, and put on top of custard; then spread the $\frac{1}{3}$ remaining crumbs on top of this, and bake $\frac{1}{2}$ hour at 350°F.

TAPIOCA DATE PIE

- 4 tablespoons quick cooking tapioca
- 2 cups milk
- 2 eggs
- $\frac{1}{2}$ lb. dates
- $\frac{1}{2}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla

Mix tapioca and milk and cook in a double boiler 10 minutes. Add sugar, salt, and yolks of eggs beaten together. Add chopped dates and cook until thick. Remove from fire, add vanilla. Put in a baked pie shell and cover with meringue made from the egg whites and 2 tablespoons of sugar. Return to oven to brown.

CHEESE PIE

- $1\frac{1}{2}$ cups cottage cheese
- $\frac{2}{3}$ cup sugar
- 1 cup milk
- 2 eggs
- 1 tablespoon melted butter
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon lemon juice

Cream cheese and sugar, slowly add milk and beaten eggs, butter and flavoring.

Cover the bottom of pie plate with paste, fill with above mixture and bake at 450°F. for 10 minutes. Reduce heat to 350°F. and bake for 30 minutes.

LEMON SPONGE PIE

- 1 tablespoon butter
- 1 cup sugar
- 2 tablespoons cornstarch
- 2 eggs
- juice and rind of 1 large or 2 small lemons
- $1\frac{1}{2}$ cups milk

Cream butter and sugar, add cornstarch, the beaten yolks of eggs, juice and rind of lemons and milk. Beat whites of eggs stiff and add last. Line pie plate with pie crust and put in filling. Bake at 475 F. for 15 minutes. Reduce to 325°F. for 15 minutes.

PUMPKIN PIE

- 2 cups cooked pumpkin
- 1 well beaten egg
- $\frac{1}{2}$ cup milk
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon grated nutmeg
- $\frac{1}{2}$ teaspoon salt

Mix pumpkin with other ingredients and beat well; pour into pie plate which has been lined with unbaked pastry; bake at 450°F. for 15 minutes. Reduce heat to 325°F. and bake for 25 minutes.

FLORADORA PIE

- $1\frac{1}{2}$ cups flour
- $\frac{2}{3}$ cup sugar
- 3 teaspoons baking powder
- pinch of salt
- $\frac{1}{4}$ cup melted fat
- 2 eggs
- milk
- 1 teaspoon lemon extract

Sift flour, sugar, baking powder and salt into mixing bowl. Place the melted fat into cup, drop in the eggs and fill the cup with milk. Combine, beat thoroughly and add lemon. Bake in shallow pan about 20 minutes at 375°F. Remove from pan and when cool cut to make two layers. Lay cake on paper doily, place jelly between layers, cover thickly with meringue, return to oven and bake for 12 minutes at 325°F.

PLAIN COOKIES

JELLY CHEESE TARTS FOR SALADS

- 1 cup flour
4 tablespoons lard or substitute
4 tablespoons butter
1 small package soft yellow cheese
 $\frac{1}{4}$ teaspoon tart jelly

Sift flour and salt together. Work in fat with fork or knife until mixture looks like coarse meal. Work in soft cheese with a fork, then work the mixture into a paste with the hands. Chill for 1 hour. Roll as thin as for pie crust, cut in circles, diamonds, squares, crescents or in any shape you desire. Put a very small portion of tart red jelly in the center of each and bake on a cookie sheet or inverted pan 5 or 6 minutes at 450°F.

COCOANUT MACAROONS

- 2 eggs (beaten stiff)
1 cup sugar
2 cups cornflakes
1 cup dry cocoanut

Mix together in order named above and drop off small teaspoonful on buttered tins, 1 inch apart. Bake at 350°F. for 10 minutes, or until brown. Do not remove from pan until cold. Yields about 5 dozen cookies.

PLAIN COOKIES

- 1 cup flour
2 tablespoons butter
 $\frac{1}{4}$ cup granulated sugar
2 tablespoons milk
yolk of 1 egg
2 tablespoons melted butter

Beat the egg, add to milk, then mix with the other ingredients, add melted butter, roll and cut into very thin cookies. Bake at 425°F. for 7 minutes. Sufficient to make 3 dozen cookies.

SWEDISH COOKIES

- ½ cup butter or substitute
 1 cup sugar
 grated rind of 1 orange
 1 tablespoon orange juice
 yolks of 3 eggs
 2½ to 3 cups pastry flour
 candied fruit, flowers or gum drops for
 decorating

Cream sugar and shortening together thoroughly. Add orange juice, rind and egg yolks and mix until a creamy mass is formed. Work in flour to make a mixture firm enough to knead. A little more flour may be necessary. Chill overnight, then push through a cookie press into various shapes, or roll thin and cut into fancy shapes. Brush rolled cookies with slightly beaten egg yolk. Bake at 425°F. for 10 to 15 minutes. Yields about 50 cookies.

GINGER SNAPS

- 1 teaspoon soda, dissolved in
- 1 tablespoon hot water
- 2 cups dark molasses
- $\frac{1}{2}$ teaspoon salt
- sifted flour
- 1 cup sugar
- 2 eggs
- 1 cup butter or other shortening
- 2 teaspoons ginger
- 2 teaspoons cinnamon (heaping)

Pour dissolved soda into molasses and then add sugar. Beat well, then add eggs, butter, spices, salt and just enough flour to make a soft dough—roll out very thin, form with cutter and bake on cookie sheets at 450°F. for 8 minutes. These cookies must be watched or they will get too brown. Success depends on light handling of the dough.

COOKIES — BEVERAGES → → → → → → → → →

BROWNIES

16 Squares

- 1/2 cup butter
- 1 cup sugar
- 2 squares chocolate melted
- 2 eggs (beaten together)
- 1 cup flour
- 1 cup chopped walnut meats
- 1/2 teaspoon vanilla

Mix together in order named above. Spread thinly in pan and bake at 325°F. for 30 minutes. Cut in squares.

HERMITS

4 to 5 dozen cookies

- | | |
|---------------------|---------------------|
| 1 cup shortening | 1 teaspoon soda |
| 2 cups brown sugar | 1 teaspoon salt |
| 2 eggs | 1 teaspoon nutmeg |
| 1/4 cup molasses | 1 teaspoon cinnamon |
| 1/4 cup milk, or | 1/2 cup chopped |
| 1/2 cup cold coffee | walnuts |
| 3 1/2 cups flour | |
| 1 cup raisins | |

Cream shortening and add sugar gradually. Add the well beaten eggs and liquid. Sift flour, dredge raisins in 1/2 cup of flour. Sift flour, soda, salt and spices together and add to mixture. Add floured raisins and nuts. Drop by teaspoon in greased cookie sheet and bake 10 to 20 minutes, at 400°F.

OATMEAL COOKIES

4 dozen cookies

- | | |
|-----------------------------------|----------------------|
| 1 teaspoon butter | 1 cup sugar |
| 2 eggs | 1/2 teaspoon vanilla |
| 2 teaspoons baking powder | |
| 2 1/2 cups rolled oats (uncooked) | |

Cream butter, add sugar, cream again, add eggs. Beat well. Add vanilla and baking powder. Lastly oats. This makes stiff batter. Place small teaspoonful in buttered pans, 3 inches apart. Bake at 350°F. for 10 minutes, or until brown. Do not remove from pans until cold.

SAND TARTS

4 to 5 dozen cookies

- 3/4 cup shortening
- 1 1/2 cups sugar
- 2 eggs
- 1 tablespoon milk
- 3 or 4 cups flour
- 4 level teaspoons baking powder

Cream shortening and sugar together. Add well beaten eggs and milk. Sift flour and baking powder together and add to mixture a little at a time. When stiff enough to roll, roll out very thin, cut in diamond shapes, brush with well beaten egg, sprinkle with sugar and cinnamon and a little chopped nuts in center. Bake at 350°F. for 10 minutes.

BEVERAGES

COFFEE

- | | |
|--------------|----------------------|
| 1 cup ground | 6 cups boiling water |
| coffee | 1 egg white |
| | 1/2 cup cold water |

Mix coffee, cold water and egg white and bring to a boil; add boiling water and continue boiling for three minutes. Add 1/2 cup cold water and allow to stand over a low flame until clear.

COCOA

6 Servings

Mix 8 teaspoons cocoa, 8 teaspoons sugar, a few grains of salt and 1 cup water. Boil for 5 minutes. Add 1 quart of milk; heat in a double boiler; beat thoroughly before serving.

COFFEE MADE IN PERCOLATOR

1 tablespoon ground coffee for each cup of boiling water. Pour boiling water over coffee and let percolate over low flame 5 minutes. Serve immediately.

PINEAPPLE AND MINT DRINK

6 Servings

- | | |
|-------------------------------------|-------------------|
| 1 pineapple, either fresh or canned | |
| 1 pound sugar | 3 pints water |
| 6 mint leaves | juice of 2 lemons |

Slice pineapple, cut it into small dice or chop it coarsely. Boil sugar, mint leaves and 1 pint of water to a syrup and strain. Pour over the prepared pineapple, strain lemon juice into it and cover closely. When quite cold, add the remaining 2 pints of water and serve.

SEAFOOD



BAKED STUFFED FISH

6 Servings

3 lbs. sea bass, bluefish, cod, haddock,
mackerel or shad ($\frac{1}{2}$ lb. per person)

6 oz. salt pork

(Ingredients for Stuffing)

1 cup bread crumbs

1 teaspoon salt

$\frac{1}{2}$ teaspoon pepper

1 teaspoon sage

1 tablespoon chopped onion

$\frac{1}{4}$ cup melted butter

pinch paprika

1 tablespoon green peppers (finely chopped)

1 tablespoon Worcestershire sauce

1 teaspoon chopped parsley

$\frac{1}{2}$ cup celery (finely cut)

1 tablespoon chopped pickles

$\frac{1}{4}$ cup warm water

Remove scales by drawing dull knife over fish from tail to head. Cut gashes 2 inches apart on both sides and insert a strip of salt pork into each gash. Fill the inside of the fish with stuffing. Then sew or tie up openings. Place a clean piece of muslin or a rack in the bottom of roasting pan. Sprinkle with minced salt pork. Place fish on cloth or rack, dredge with flour, salt and pepper. Bake at 425°F. for 1 hour.

TARTAR SAUCE

2 tablespoons chopped capers

2 tablespoons chopped cucumber pickles

2 tablespoons minced olives

1 teaspoon minced parsley

1 teaspoon grated onions and mix with

2 cups mayonnaise

DEVILED CRABS*8 Servings*

1 tablespoon butter	1 tablespoon flour
1/2 cup milk	1 quart crab meat
1 teaspoon salt	dash red pepper
bread crumbs	1 egg
1 teaspoon chopped parsley	
1/2 teaspoon Worcestershire sauce	

Put butter into sauce pan. When melted, add flour and mix well. Add cold milk slowly. Stir smooth and creamy. Pour over crab meat. Add salt and pepper, parsley and sauce. Mix well. Fill crab shells (which have been well scalded and cleaned). Cover with bread crumbs. Then cover with egg which has been beaten with 1 tablespoon cold milk, and again with bread crumbs. Bake at 450°F. until a nice brown.

DEVILED CLAMS*6 Servings*

4 1/2 tablespoons butter or substitute	
1/2 teaspoon minced onions	
1 tablespoon minced green pepper	
2 cups clams	3 tablespoons flour
1/8 teaspoon paprika	1/2 cup clam liquor
1/2 cup bread crumbs	1/2 teaspoon salt
1/2 teaspoon celery salt	1 cup milk

Either fresh or canned clams may be used; if the clams are fresh clean them, separate the hard and soft parts and chop each rather coarsely. Cook the hard portions for 5 minutes in the clam liquor, then strain and discard the hard portions.

Melt 2 1/2 tablespoons of the butter or substitute, add the onion and green pepper and cook these slowly for 5 minutes, then put in the seasonings and the flour, and gradually stir in the milk and clam liquor. When boiling, put in the soft parts of the clams, turn into well-oiled ramekins, cover with the bread crumbs to which the remaining 2 tablespoons of butter have been added, and brown at 425°F. Shrimps, oysters, or salt-water mussels may be substituted for the clams.

BAKED SALMON*4 to 6 Servings*

1/2 teaspoon salt	1/2 cup milk
2/3 cup cracker or fine bread crumbs	
2 lbs. salmon steak	

Put salt into milk; dip the steak into it; then dip in the cracker or bread crumbs.

Place in a well greased baking dish and dot with butter. Bake at 425°F. for 30 minutes.

FISH CHOWDER*6 to 8 Servings*

2 lbs. fish	1 quart water
1/4 lb. salt pork (diced)	1 pint hot milk
2 tablespoons	3 cups diced potatoes
minced onion	salt and pepper

Simmer fish in water until tender, remove and flake. Cook potatoes in the fish water. Cook onion in pork frying until tender. Remove pork and onions. Combine fish, pork grease, potatoes, fish water and seasoning. Heat thoroughly and add hot milk.

BROILED LIVE LOBSTER

Live lobsters may be dressed for broiling at market, or may be done at home. Clean lobster and place in a buttered wire broiler. Broil eight minutes on flesh side, turn and broil six minutes on shell side. Serve with melted butter. Lobsters taste nearly the same when placed in dripping pan and baked fifteen minutes in oven at 450°F. and are much easier cooked.

To Split a Live Lobster. Cross large claws and hold firmly with left hand. With sharp-pointed knife, held in right hand, begin at the mouth, and make a deep incision, and, with a sharp cut, draw the knife quickly through body and entire length of tail. Open lobster, remove intestinal cord, liver, and stomach, and crack claw shells with a mallet.

FISH AND VEGETABLE CASSEROLE*6 to 8 Servings*

Prepare 2 cups flaked, cooked or canned crab meat, haddock, cod or lobster. To it add one-half cup soft bread crumbs, three-fourth cup grated cheese, one cup cooked or canned peas, one-half cup fresh sautéed or canned mushrooms, one tablespoon chopped parsley, one tablespoon chopped onion, one teaspoon salt, one-eighth teaspoon pepper, three beaten eggs and one and one-half cups of milk. Turn into a greased casserole, set in pan of warm water and bake 350°F. for 75 minutes or until set when tested with a silver knife.

BROILED SHAD . . . See page 17
BROILED OYSTERS . . . " " 17

SOUPS

ONION SOUP AU GRATIN

Recipe by Gene, Steward of the Racquet Club

Cut onions in slices, and fry them with some butter in a black pan. Put them in a fireproof casserole and fill up with a good strong broth. Cut a long roll in slices, toast it and put them on top. Put some grated cheese on top of the bread and bake in a hot oven until brown. Serve grated cheese on the side.

OYSTER BISQUE

6 Servings

1 quart oysters	$\frac{3}{8}$ cup butter
1 quart milk	$\frac{1}{2}$ cup flour
1 blade mace	2 egg yolks
salt and pepper	

Clean and pick over oysters, reserving the liquor. Add oysters, slightly chopped, to the liquor, heat to the boiling point and simmer 20 minutes. Strain through cheese cloth. Melt the butter and add milk to the oyster liquor. Add egg yolks and cook slightly. Season with salt and pepper and serve.

CREAM OF MUSHROOM SOUP

6 Servings

1 pound mushrooms
$\frac{1}{4}$ cup melted butter
1 quart milk
2 slices onion
2 tablespoons flour
1 cup cream
salt and pepper

Wash and skin the mushrooms. Chop them fine and sauté for about 10 minutes in 2 tablespoons of the butter. Heat the milk in a double boiler with the onion. Blend the remaining butter with the flour and add to the milk and cook until thickened. Remove the onion, stir in the mushrooms and cream. Season with salt and pepper. When hot, serve with chopped parsley over the top.

PHILADELPHIA PEPPER POT

6 Servings

Put two calves' feet and one pound of tripe into the stock-pot with a red pepper. Cover with cold water and boil until very tender. Remove the meat, skim the liquid, stir it; cut the tripe into small pieces and put it in again. Season with sweet marjoram, basil, thyme, and pepper and salt. Add two sliced potatoes and a sliced onion and when they are almost tender add a piece of butter rolled in flour and some egg balls and boil for another quarter of an hour. If there is not enough liquid, add boiling water with the seasoning.

SPLIT PEA SOUP

6 Servings

Wash 1 cup split peas; soak over night in 2 quarts water. Put to boil in same water, seasoning with salt, pepper, onion juice and celery seed. Cover and cook in oven with whole meal. Before serving press through sieve; thicken with 1 tablespoon each of flour and butter.



DELICIOUS SOUP STOCK

$2\frac{1}{2}$ lbs. soup meat (neck)	6 whole black peppers
1 or 2 veal bones	1 bay leaf
3 quarts cold water	$\frac{1}{2}$ mace leaf
bunch of soup greens (leek, turnip, celery and carrots)	1 whole clove
	$\frac{1}{2}$ tablespoon salt

Wash meat, place in soup kettle with bones, cover with water, let simmer slowly until it comes to boil. Add soup greens (diced) and spices. Cook until meat falls from bones—about 3 hours. Strain. When cold remove fat. Reheat stock and serve with noodles, rice or barley.

SALADS

SALAD SUGGESTIONS

There are several precautions to observe if you would have a tempting salad:

1. The ingredients should be crisp and thoroughly chilled.
2. Vegetables, meats, fish and fruits should be cut symmetrically in pieces small enough so that the flavor of the dressing will penetrate.
3. Seasoning is very important, and should be carefully done.
4. Mixing should be done very lightly, and with a fork, so that the ingredients will not be mashed.
5. A color accent should be provided: a sprig of parsley or of cress, a strip of red or green pepper, a strawberry or cherry, or just a dash of paprika, will make an uninteresting salad amazingly attractive.
6. The plate on which the salad is served should be chilled and the serving should not be so large as to appear discouraging. An attractive form of service is the informal type in which the salad is arranged in a large bowl or on a platter, and served by the mother of the house at the table.

If you enjoy experimenting, you will find that salad making offers almost unlimited opportunities. There are any number of unusual combinations of fruit and vegetables, meat and fruit, fish and fruit, meat and vegetables, and fish and vegetables to choose from. And there is, of course, gelatine to bind them together if you wish.

CHEESE LOAF

Take cottage cheese and add enough rich cream so that you can handle easily. Add 1 tablespoon freshly chopped mint (very fine). Mix thoroughly with cheese. Mold into loaves so that slices may be $1\frac{1}{2}$ inches long by $\frac{1}{2}$ inch wide. Put into gas refrigerator and leave until very firm. Slice and serve with the salad course.

CANTALOUPE AND TOMATO

4 to 8 Servings

1 cup cantaloupe balls lettuce
8 slices tomato $\frac{1}{2}$ cup mayonnaise

Cut small balls from firm cantaloupe and place on slices of tomato. Sprinkle with chopped parsley garnish; serve on lettuce with mayonnaise.

PEPPER AND RADISH SALAD

4 Servings

1 cup green pepper (shredded)
1 tablespoon chives (chopped)
1 cup radishes—cut fine
1 head lettuce 1 cup mayonnaise

Mix ingredients together. Serve on lettuce with mayonnaise.

MAYONNAISE

1 egg $\frac{1}{2}$ teaspoon salt
2 tablespoons vinegar or lemon juice
 $\frac{1}{4}$ teaspoon paprika $\frac{1}{2}$ teaspoon mustard
1 teaspoon powdered sugar
nearly a pint of salad oil

Have all materials very cold. Break egg into bowl, beat with wire egg beater until very light. Add salt, mustard, sugar and paprika, beat well. Now very slowly add oil beating vigorously all the time. When very thick, thin by dropping vinegar in slowly, beating well. Now add oil and continue adding oil and vinegar until all of the oil is used. If you desire, when finished, beat in 1 tablespoon boiling water to bind it together.

SPOOK SALAD

Garnish plate with crisp lettuce or chicory. Place one-half canned apricot flat side down for head, next one-half pear with flat side down for body and a small lettuce leaf, curved side up for skirt. Make thin finger sandwich of brown bread and cheese and nut mixture for arms. Mixed fruit or mayonnaise or both may be placed under lettuce leaf skirt. Place two or three cross sections of stuffed olive on pear for buttons. Decorate the apricot with whole cloves or chocolate pills for eyes, a bit of olive stuffing or pimiento for lips and coconut or riced cheese for hair.

EGG AND ANCHOVY SALAD

Cook 6 eggs until hard. Cool and cut in halves; remove yolks and mash with a fork. Add 2 tablespoons finely chopped celery, 3 or 4 anchovies, mashed to a paste, a dash of paprika and enough mayonnaise dressing to moisten well. Refill whites with this mixture and arrange two halves on a bed of watercress or shredded lettuce. Place a whole anchovy on top of each egg; serve with French dressing.

GRAPE PEAR SALAD

Garnish plate with crisp lettuce leaves. Place one-half canned pear flat side down. Cover rounded side of pear with white cream cheese that has been moistened with cream or mayonnaise. Press halved white grapes cut side down into the cream cheese until pear is covered. The finished product resembles a bunch of grapes.

PEAR SALAD

Mix cream cheese with mayonnaise and color a delicate pink with pure food color. Add chopped nuts and fill the hollow of the pear halves with this mixture. Place two pear halves together and tint the outside of the pear with a delicate pink also. Insert a whole clove to represent the blossom end of the pear and a tiny twig of green leaves to represent the stem end. Arrange in a nest of crisp lettuce leaves and serve with mayonnaise.

STUFFED PEPPER SALAD

6 Servings

1 cup cottage or cream cheese
1 tablespoon cream
 $\frac{1}{4}$ cup chopped walnuts
 $\frac{1}{4}$ cup chopped olives and pimientos

Salt and pepper to taste
Green peppers

Cut off stem ends of green peppers and scoop out seeds. Combine above ingredients and fill peppers with the mixture. Chill several hours. Slice in thin slices and serve on crisp lettuce leaves. Serve with French dressing if desired.

CARROT CHEESE BON BON

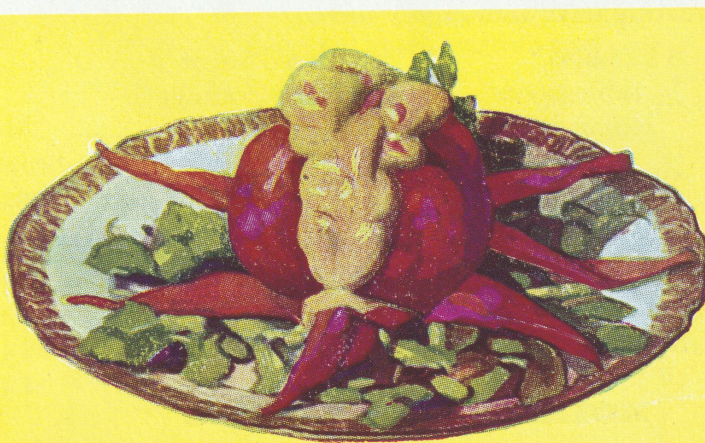
Press through a coarse sieve, one-half pound of fresh yellow American cheese and season lightly with paprika. Take one heaping tablespoon of mixture and roll in form of carrot. Place a sprig of parsley in stem end and serve as a garnish with salad course. This makes 15 carrots.

GINGER ALE PEAR SALAD

Place halves of canned pears in Electrolux tray and fill with ginger ale. Freeze to a mush, about 1½ hours. Place one-half a pear on lettuce leaves on individual salad plate and surround with the ginger ale mush. Place a maraschino cherry in pear cavity. Serve with mayonnaise dressing if desired.

ONE-HORSE SHAY SALAD

Garnish plate with crisp, shredded lettuce (representing grass). Use $\frac{1}{2}$ pepper cut lengthwise for the wagon and put 4 slits in the bottom of pepper, place a slice of carrot on each for the wheels. Use one animal cracker tied to tooth picks for the horse and shafts. The pepper can be filled with chicken, mixed vegetable or fruit salad.



TOMATO SALAD SUPREME

6 ripe tomatoes
 $\frac{3}{4}$ lb. shrimps
 $\frac{1}{2}$ cup salad dressing

1 stalk celery
 watercress

Wash tomatoes. With sharp knife score through skin and peel skin down in form of petals. Chill and scoop out centers of tomatoes and fill with mixture of celery (diced), shrimps and salad dressing. Serve on watercress.

DESSERTS

APPLE CAKE

1 cup sugar 2 cups flour
1 tablespoon butter 1 cup milk
1 egg 3 apples
3 teaspoons baking powder

Cream sugar and butter, add well-beaten egg; add flour and baking powder, sifted together; add milk; beat well; pour mixture into a rather deep sheet pan; arrange apples cut in thin slices around top. Dredge apples with mixture of 1 teaspoon of cinnamon and $\frac{1}{4}$ cup of sugar. Dot with 2 tablespoons of butter. Bake at 375°F. for 30 minutes. A delicious dessert, served with foamy sauce or plain milk or cream.

BANANA FRITTERS

1 cup flour $\frac{1}{2}$ teaspoon baking
 $\frac{1}{4}$ teaspoon salt powder
1 egg 1 tablespoon
 $\frac{1}{2}$ cup milk melted butter

Mix and sift dry ingredients; add milk and beaten egg gradually; add melted butter, beating until thoroughly mixed.

8 bananas powdered sugar
 $\frac{1}{2}$ tablespoon rind of $\frac{1}{4}$ orange
lemon juice

Remove the skins from the bananas; cut in halves lengthwise, sprinkle with powdered sugar, lemon juice, orange rind, cover and let stand 30 minutes. Then dip in batter; fry in deep fat, and drain on brown paper. Sprinkle with powdered sugar.

MOTHER'S RICE PUDDING

1 quart milk
4 tablespoons rice
3 tablespoons sugar
 $\frac{1}{8}$ teaspoon salt
1 teaspoon vanilla
1 tablespoon butter

Put in open greased baking dish and bake at 275°F. for 3 hours, stirring in the brown crust as it forms. When tender, allow crust to form and remove from oven.

APPLE FLUFF

Add 1 tablespoon lemon juice to 2 cups unsweetened apple sauce. Strain into the beaten yolks of 3 eggs, add $\frac{2}{3}$ cup sugar and cook 3 minutes. Remove from range and when cool add the stiffly beaten whites of 3 eggs. Serve very cold in sherbet glasses.

CARROT PUDDING

1 cup ground raw potatoes
1 cup ground raw carrots
2 cups seeded raisins
 $1\frac{1}{2}$ teaspoons baking soda
2 teaspoons cinnamon
 $\frac{1}{2}$ teaspoon allspice 1 cup ground suet
 $\frac{1}{4}$ teaspoon cloves $1\frac{1}{2}$ cups flour
1 cup brown sugar $\frac{1}{4}$ teaspoon nutmeg

Add spices, raisins and soda to raw potato; combine with remaining ingredients and mix well. Put into greased pudding mould, bake at 350°F. for 2 hours. Serve with hard sauce.

SKILLET CAKE OR UPSIDE DOWN CAKE

Melt together $\frac{1}{4}$ cup of butter and 2 cups brown sugar in iron skillet; place slices of pineapple on this; then make the following cake batter:

3 eggs $1\frac{1}{2}$ teaspoons
1 cup sugar baking powder
2 teaspoons vinegar 1 cup flour
1 tablespoon $\frac{1}{4}$ teaspoon salt
boiling water

Beat yolks of eggs until thick and creamy; add sugar gradually and continue to mix until smooth. Add water, then flour, salt and baking powder, sifted together three times; add stiffly beaten egg whites, to which the vinegar has been added.

Pour cake batter over mixture in skillet and bake at 350°F. for 45 minutes. Turn out of skillet carefully so that pineapple slices will be on top.

CREAM PUFFS

- 1 cup water
 ½ cup melted butter or substitute
 1 cup pastry flour
 ½ teaspoon salt
 4 eggs

Bring water and butter to a boil. Add flour and salt. Cook until mixture leaves sides of pan, stirring constantly. Remove from fire; cool slightly and add unbeaten eggs, one at a time, beating thoroughly after each egg is added; then beat mixture well. Yields 16.

Drop by spoonfuls on a buttered baking sheet; bake 15 minutes at 450° then reduce heat to 350°F. and continue baking 20 to 25 minutes longer. With a sharp knife make a cut in each. Fill with a soft custard filling.

CUSTARD FILLING FOR CREAM PUFFS

- $\frac{3}{4}$ cup sugar
 $\frac{1}{3}$ cup flour
 $\frac{1}{8}$ teaspoon salt
 2 eggs
 2 cups scalded milk
 1 teaspoon vanilla

Mix dry ingredients, add eggs slightly beaten and gradually pour on scalded milk; cook 15 minutes in double boiler, stirring constantly until mixture thickens; cool, flavor and fill.

PEACH COBBLER

6 Servings

- 1 quart peaches $\frac{1}{4}$ cup sugar
1 $\frac{1}{2}$ cups sugar 1 egg
 $\frac{3}{4}$ cup water $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup sugar 1 cup flour
2 tablespoons shortening
1 teaspoon baking powder
 $\frac{1}{3}$ teaspoon salt

Pare peaches, remove stones and cut fruit into small pieces. Add the $1\frac{1}{2}$ cups of sugar, $\frac{3}{4}$ cup water and cook, closely covered until the fruit is tender. Cream shortening and $\frac{1}{4}$ cup sugar. Gradually add well beaten egg, milk, flour, salt and baking powder sifted together. Beat thoroughly, pour over the hot fruit in the baking dish and bake at 350°F. or 375°F. for 30 to 35 minutes.

CHOCOLATE PUDDING

4 to 6 Servings

- 1 cup fine bread crumbs
 $\frac{3}{4}$ cup sugar
 $\frac{1}{4}$ teaspoon salt
3 tablespoons grated chocolate
2 cups milk
1 tablespoon melted butter
2 eggs
1 teaspoon vanilla

Mix bread crumbs, sugar, salt and chocolate; add milk, beaten eggs, melted butter and vanilla; bake at 325 F. for 1 hour. When cooked, make a meringue of the beaten whites of 2 eggs and 2 tablespoons of sugar. Spread over pudding, return to oven and bake until a golden brown.

BLACKBERRY DUMPLINGS

6 to 8 Servings

- 2 cups cake flour
4 teaspoons baking powder
 $\frac{1}{4}$ teaspoon salt
2 tablespoons shortening
1 cup sugar
1 egg (beaten)
1 cup milk
1 teaspoon vanilla
1 cup blackberries (fresh)

Sift flour, baking powder and salt, three times. Cream shortening, add sugar; cream together. Add egg, beat in well. Add flour to mixture alternately with milk. Beat smooth; add vanilla and blackberries.

Pour batter into greased baking pan (5 x 10 inches) and bake at 350°F. from 45 to 50 minutes.

QUICK DESSERTS AND SAUCES

BOILED CUSTARD

4 to 6 Servings

$\frac{1}{4}$ cup sugar	2 cups scalded milk
1 tablespoon flour	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	2 egg yolks

Mix sugar, flour and salt. Add beaten egg yolks and scalded milk gradually, stirring constantly. Cook over hot water, stirring until the mixture thickens. Add vanilla and chill.

MACARON CUSTARD

4 to 6 Servings

Follow recipe for boiled custard, adding $\frac{1}{2}$ cup dried macaroon crumbs to the hot custard. Chill and serve with whipped cream.

FLOATING ISLAND

Beat 2 egg whites until stiff, adding gradually 4 tablespoons powdered sugar. Drop by spoonfuls on top of boiled custard (see above) which has been poured into serving dish. Chill thoroughly. Garnish "islands" with halves of maraschino cherries or bits of red jelly.

VANILLA BLANC MANGE

4 to 6 Servings

6 tablespoons corn-	$\frac{1}{2}$ cup cold milk
starch	$2\frac{1}{2}$ cups scalded
$\frac{1}{4}$ cup sugar	milk
$\frac{1}{8}$ teaspoon salt	1 teaspoon vanilla

Mix cornstarch, sugar and salt. Add cold milk and mix well. Add scalded milk and bring to the boiling point, stirring constantly. Cook over boiling water 15 minutes. Add vanilla. Pour into individual molds or large mold and chill. Serve with custard sauce or whipped cream.

MARSHMALLOW SPECIAL

Place about 2 dozen marshmallows, cut in halves, in serving dish. Pour $1\frac{1}{2}$ cups hot coffee over them; stir until marshmallows are partly melted. Cool, then place in refrigerator to chill thoroughly. Sprinkle with chopped nuts and top with whipped cream. These may be chilled in individual sherbet glasses, if preferred.

CUSTARD SAUCE

4 to 6 Servings

$\frac{1}{4}$ cup sugar	$\frac{1}{4}$ teaspoon vanilla
1 tablespoon flour	1 egg yolk
few grains salt	1 cup milk

Mix sugar, flour and salt. Add beaten egg yolk. Add the milk and bring slowly to the boiling point, stirring constantly. Add vanilla.

YELLOW SAUCE

4 to 6 Servings

Cream $\frac{1}{3}$ cup butter with 1 cup confectioners' sugar. Add beaten egg and mix well. Set over hot water and stir until the mixture is of a foamy consistency.

CHOCOLATE SAUCE

4 to 6 Servings

3 tablespoons butter	$\frac{3}{4}$ cup sugar
1 teaspoon vanilla	$\frac{1}{2}$ cup milk
3 tablespoons cocoa	
$\frac{1}{4}$ cup grated chocolate	

Melt butter and chocolate together. Mix cocoa and sugar together. Add to the chocolate mixture with the milk. Bring slowly to the boiling point, stirring constantly. Add vanilla.

FOAMY LEMON SAUCE

4 to 6 Servings

$\frac{1}{3}$ cup sugar	$1\frac{1}{2}$ cups boiling
1 tablespoon flour	water
few grains salt	1 egg yolk
2 tablespoons lemon juice	
1 egg white	
$\frac{1}{2}$ teaspoon grated lemon rind	

Mix sugar, flour and salt. Add beaten egg yolk and boiling water gradually, stirring. Cook slowly until thick, stirring constantly. Add the lemon juice and rind. Fold in the stiffly beaten egg white.

See also BAKING CHAPTER:-

Cakes Pages 32 to 36
Pies Pages 38 to 40

HOLIDAY AND PARTY MENUS



AT THANKSGIVING, CHRISTMAS, and other holidays, when friends and relatives gather around the festive table, your automatic gas range can go into "quantity production" of perfectly cooked foods, on a minute's notice. In fact all year 'round, as the seasons offer various "excuses" to entertain, your range will be your faithful aid in preparing the many tempting foods in demand for those special occasions.

Here is a holiday dinner menu suitable for Thanksgiving, Christmas or New Year's. Then comes a Patriotic meal and that ever-popular Valentine Day luncheon. Next there's a St. Patrick's Bridge Tea and, as summer comes along, outdoor picnics and beach parties. Halloween rounds out the year's festivities with its midnight feast and frolic. We hope that some of these suggestions will help to make your parties a great success.

HOLIDAY DINNER

Anchovy Baskets	Clear Soup
Roast Turkey	Oyster Filling Gravy
	Candied Sweet Potatoes
	Tomatoes in Casserole
Cranberry Sauce	Olives
	Poinsettia Salad
Plum Pudding	Hard Sauce
Coffee	Salted Nuts Peppermints

Cook at 375°F. 20 to 30 minutes per pound.

ANCHOVY BASKETS

Cut away parts of the whites of hard boiled eggs to form oval baskets with handles. Take out yolks carefully; mash with some anchovy paste, season with lemon and cayenne pepper. Refill baskets, place on a hot square of toast, garnish and surround by watercress.

HOLIDAY MENUS → → → → → → → → → → →

CLEAR SOUP

6 Servings

- | | |
|---------------------|------------------------|
| 1 soup bone | 1 onion chopped fine |
| 2 quarts cold water | 1 carrot cut very fine |
| 1 teaspoon salt | dash of pepper |

Put ingredients into covered pan; place in oven with fowl. When meal is finished strain soup through piece of cheese cloth or a fine sieve.

ROAST STUFFED TURKEY

Remove pin feathers, singe and dress turkey. Be sure inside is thoroughly cleaned. Fill with oyster stuffing and sew together. Cross drumsticks, tie securely with a string and fasten to the tail. Dredge with flour and seasoning. Place fowl in roasting pan. Cook at 375°F. for 20 to 30 minutes per pound. To make gravy pour liquid from pan leaving only ½ cup in pan; add ½ cup flour and brown on top burner. Add water in which giblets have been cooked and stir until smooth and of proper thickness. Add chopped giblets.

OYSTER STUFFING

- | | |
|----------------------|------------------------------|
| 30 oysters | 4 cups bread crumbs |
| ¼ teaspoon pepper | 1 tablespoon salt |
| 2 tablespoons butter | 1 tablespoon chopped parsley |

Drain and rinse oysters in cold water. Put oysters and butter in sauce pan. When hot add bread crumbs and seasoning. Stuff turkey and sew up.

CANDIED SWEET POTATOES

6 Servings

- 1 tablespoon butter
- ½ cup light brown sugar
- 1 teaspoon salt
- 6 sweet potatoes (2 pounds)

Scrub and pare the potatoes and cut them in halves lengthwise. Put butter, sugar and salt in pan or baking dish. Add the potatoes. Cook in oven with fowl. Just before serving remove from oven and cover top with marshmallows. Return to oven to brown.

TOMATOES IN CASSEROLE

8 to 10 Servings

- 6 cups canned tomatoes
- 1 tablespoon chopped onion
- 1 tablespoon butter
- 4 cups soft bread crumbs
- ⅛ teaspoon paprika
- 5 tablespoons butter
- ¼ teaspoon salt
- 1 teaspoon sugar
- 1 cup chopped or grated cheese

Brown the onion in the 1 tablespoon of butter, then add tomatoes, salt and sugar. Mix bread crumbs, cheese and 5 tablespoons melted butter and make a thin layer in the bottom of buttered baking dish. Pour in the tomato mixture, then cover with the rest of the crumb mixture. Sprinkle with paprika and place in oven with meal.

CRANBERRY SAUCE

- 2 cups cranberries
- 1 cup granulated sugar

Wash cranberries and pick over carefully; put in kettle and cover with water; boil slowly until soft; rub through a sieve and add sugar; cook 5 minutes and pour into mold, which has been rinsed in cold water.

POINSETTIA SALAD

6 Servings

- | | |
|---------------------------------------|-----------------|
| 6 slices pineapple | beet juice |
| lettuce | French dressing |
| ½ cup diced green maraschino cherries | |

Drain slices of pineapple thoroughly and allow them to stand in beet juice over night. Drain and cut in sections to resemble petals. Arrange on lettuce leaves in shapes of poinsettias. Sprinkle with cherries in center and marinate with dressing made from pineapple juice.

PLUM PUDDING

- 1 cup flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon allspice
- ½ grated nutmeg
- 2 teaspoons cinnamon
- 1 cup brown sugar
- 2 cups stale bread crumbs
- 1 cup currants (washed well)

- 1 cup seeded raisins
- ½ cup chopped citron
- ⅛ lb. chopped lemon peel
- ⅛ lb. chopped orange peel
- 1 cup finely chopped suet
- 2 eggs, beaten

Sift flour, baking powder, salt and spices. Mix with brown sugar and bread crumbs. Add fruits, suet and eggs; blend with about 1 cup milk or sweet cider, using only enough to make a very stiff mixture; pack into greased mold, allowing room for pudding to swell. Cover, with greased paper under lid, and steam for 6 hours. This may be kept a long time and only reheated when wanted for use.

LINCOLN'S BIRTHDAY DINNER

Emphasizing pioneer aspect and simplicity of Lincoln.

Ham, boiled or baked
Baked Potatoes Coleslaw
Hot Corn Bread
Apple Dumpling Maple Syrup Coffee

Boiled Ham. Time 3 hrs. Simmering Flame.

Baked Ham. Time 3 hrs. Boil for 2 hours, then bake 1 hour at 325°F.

BOILED HAM

Select a ham with a fair proportion of fat, scrub thoroughly, and place skin side down in a large kettle with cold water to cover. Bring slowly to boiling point. If the water seems very salty discard it. Add fresh cold water, and again bring slowly to boiling point. The ham may be simmered in plain water, but the flavor will be improved if a stalk of celery, an onion into which two or three cloves have been stuck, a little parsley, and one or two bay leaves are cooked with it. An eight-pound ham will take approximately three hours to cook and should be turned at the end of two hours, more water being added from time to time if necessary. When tender remove, tear off skin quickly, sprinkle with browned bread crumbs, and serve with apple or cider sauce.

BAKED HAM

Boil an eight-pound ham as directed for two hours, then transfer it to a baking pan; remove the skin and sprinkle with two tablespoons of bread crumbs and two tablespoons of brown sugar mixed together. Stick cloves generously over the surface and bake at 325°F. for 1 hour.

COLESLAW

Mix finely shredded cabbage, thoroughly chilled, with a boiled salad dressing.

BOILED SALAD DRESSING

- 1 cup salad oil 3 tablespoons flour
- 2 egg yolks 3 tablespoons vinegar
- 1 cup boiling water gar
- ¼ teaspoon pepper 1 teaspoon salt

Blend flour with 3 tablespoons of the oil. Add vinegar to water, and when boiling rapidly, pour gently into the blended flour and oil. Add salt and pepper, and boil until thick, about five minutes. Beat egg yolks slightly; pour the boiling sauce into them, beat constantly, then cool the mixture. Beat in the remaining oil and set aside until ready to use.

APPLE DUMPLING

Roll plain pastry to one-quarter inch thick. Cut into pieces the size of apples. Place whole pared, cored apples in center of pieces. Fill centers of apples with sugar, butter and cinnamon, mixed together. Wrap pastry around apples entirely enclosing them. Place the folded sides down on oiled baking pan. Preheat oven 10 minutes. Bake apples at 400°F. for 40 minutes or until apples are soft. Serve with liquid sauce, such as maple syrup.

CORN BREAD

- 2 cups cornmeal
- 1 teaspoon baking soda
- 1 tablespoon sugar
- 2 tablespoons melted shortening
- 2 cups sour milk
- 1 teaspoon salt
- 2 eggs

Mix dry ingredients; add milk and melted shortening. Add eggs, unbeaten, one at a time and beat well after each egg. Pour mixture into a greased baking pan and bake at 400°F. for 20 to 25 minutes.

HOLIDAY MENUS → → → → → → → → → → → →

VALENTINE SUGGESTION

Use plain cake recipe as a basic recipe for small decorated cakes. Bake in shallow rectangular or square pan, then cut in desired shapes when cake is cool. The white and colored frostings are a plain boiled frosting which tends to harden on standing.

VALENTINE LUNCHEON

Tomato Bouillon
Creamed Shrimps, Pimiento Garnish
Baking Powder Biscuit
(heart shaped)
Strawberry Gelatine, Whipped Cream
Heart Shaped Sand Tarts
Coffee

BRIDGE TEA FOR ST. PATRICK'S DAY

Salad of Stuffed Green Pepper
Watercress Sandwiches
Creamed Cheese and Olive Sandwiches
Pickles
Pistachio Ice Cream
Cup cakes, frosted in green and white
Tea with lemon and cloves

OUTDOOR PICNICS

Cold Fried or Roast Chicken
Potato Salad
Buttered Baking Powder Biscuit
Pickle Relish
Fruit Plain Cookies Brownies Coffee
• • •
Baked Beans
Cold Sliced Ham Catsup
Cinnamon Buns
Fruit Soft Gingerbread

HALLOWE'EN SUPPERS

Frankfurters in hot rolls
Stuffed Apple Salad
Funny Face Sandwiches Popcorn Balls
Cider Doughnuts Coffee
• • •
Fried Oysters
Scalloped Tomatoes Hot Rolls
Pickles
Pumpkin Tarts Cheese Coffee

SUNDAY NIGHT SUPPERS

One of the most informal ways of entertaining—and one of the easiest for the home-

maker—is to invite her guests to Sunday Night Supper. She is able to ask many more than for other occasions because the service can be more or less "self-service" or buffet style. There will be tea or coffee served by the hostess or a friend, but the rest of the supper will be arranged on the buffet or dining table for guests to help themselves. Here are some suggestions for both cold and hot suppers.

HOT SUPPERS

Deviled Eggs in Tomato Sauce
Cheese and Potato Croquettes
Fried Eggplant
Tomato Jelly Salad

• • •

Creamed Mushrooms on Toast
French Fried Potatoes
Cole Slaw on lettuce
Nut Bread Sandwiches

• • •

Grilled Tomatoes and Bacon
Vegetable Croquettes
Virginia Spoon Bread
Carrot and Pineapple Salad

• • •

Chicken a la King
Spinach Croquettes
Hot Scones
Green Pepper and Cheese Salad

COLD-PLATE COMBINATIONS

Potato Salad
Sliced Tomato and Cucumber
Deviled Eggs
• • •
Chicken Salad in Tomato Cups
Asparagus Tips Cole Slaw
• • •
Crab Meat and Celery in Beet Cups
Lettuce and French Dressing
Sliced Swiss Cheese
• • •
Salmon and Potato Salad
Sliced Cucumber
• • •
Egg in Aspic
Cabbage and Pepper Salad
Tomato Roses

W I N T E R M E N U S			
SUNDAY	BREAKFAST Grapefruit Kidney, Maryland Style Waffles Maple Syrup Coffee or Cocoa	DINNER Cream of Celery Soup Roast Beef Gravy Mashed Potatoes Creamed Onions Lettuce Russian Dressing Coffee	SUPPER Cheese Souffle Hot Rolls Baked Apple with Cream Sponge Cake Coffee
MONDAY	BREAKFAST Oranges Cereal with Cream Bacon Eggs Toast Coffee	LUNCH Vegetable Soup Surprise Salad (Cheese and Olives) Brown Bread Butter Sponge Cake Tea or Cocoa	DINNER Onion Soup au Gratin Roast Beef, sliced in hot gravy Baked Potatoes String Beans Macaroon Custard Coffee
TUESDAY	BREAKFAST Cereal with Dates Bacon Virginia Spoon Bread Coffee	LUNCH Scalloped Oysters Bran Muffins Sliced Pineapple Cookies Tea or Cocoa	DINNER Stuffed Veal Potatoes Pickled Beets String Bean Salad Tapioca Pudding with Cream Coffee
WEDNESDAY	BREAKFAST Orange Juice Corn Flakes Waffles Coffee	LUNCH Creamed Chipped Beef Brown Bread Butter Lettuce and Beet Salad Left-over Tapioca Pudding	DINNER Clear Soup Veal Croquettes Boiled Rice Spinach Lettuce Salad Caramel Pie Coffee
THURSDAY	BREAKFAST Chilled Grapes Omelet and Bacon Corn Muffins Coffee	LUNCH Pepper Stuffed with Cabbage Hot Biscuits Steamed Apple Cocoa	DINNER Cream of Spinach Soup Roast Fresh Ham Apple Sauce Candied Sweet Potatoes Cole Slaw Peas and Carrots Orange Ice
FRIDAY	BREAKFAST Prunes Oatmeal Bran Muffins Coffee	LUNCH Macaroni with Cheese Egg Salad Brown Bread Ginger Bread	DINNER Black Bean Soup Fried Filet of Flounder Potatoes au Gratin Stewed Tomatoes Cole Slaw Fig Pudding
SATURDAY	BREAKFAST Sliced Oranges Sausages and Pancakes Coffee	LUNCH Black Bean Soup Cottage Cheese and Nut Salad Brown Bread Butter Cookies Tea or Cocoa	DINNER Vegetable Soup Sliced Fresh Ham in Tomato Sauce Potato Balls Broccoli Hollandaise Sauce Butterscotch Pie Coffee

S U M M E R M E N U S			
SUNDAY	BREAKFAST Sliced Fresh Peaches Cream Corn Flakes Scrambled Eggs Toast Coffee	DINNER Fresh Fruit Cup Fried Chicken Potatoes Buttered Beets Peas Grape Pear Salad Maple Parfait Lady Fingers Coffee	SUPPER Crab Salad Cheese and Crackers Fresh Pineapple Small Cakes Tea
MONDAY	BREAKFAST Cantaloupe Cereal Toast and Bacon Coffee	LUNCH Cold Chicken Potato Salad Sliced Tomatoes Hot Biscuits Chocolate Junket Fresh Fruit Ade	DINNER Tomato Soup Broiled Lamb Chop Creamed Potatoes Peas Romaine Salad with Roquefort Cheese Olives Raspberries-Cream Coffee
TUESDAY	BREAKFAST Chilled Melon Prepared Cereal Omelet Toast Coffee	LUNCH Mixed Vegetable Salad with hard-cooked egg and mayonnaise Whole Wheat Bread Cup Custard Tea	DINNER Chilled Consomme Hamburg Rolls Tomato Sauce Mashed Potatoes Corn on Cob Asparagus Hearts of lettuce Rus. Dr. Watermelon Coffee
WEDNESDAY	BREAKFAST Mixed Fruit French Toast Jelly Broiled Bacon Coffee	LUNCH Tuna Fish Salad Sliced Tomatoes Macaroni and Cheese Watermelon Iced Tea	DINNER Fresh Asparagus Soup Baked Sliced Ham Potatoes au Gratin Lima Beans Fresh Fruit Salad Cup Cakes
THURSDAY	BREAKFAST Raspberries with Cream Prepared Cereal Fried Egg Bacon Toast Coffee	LUNCH Creamed Ham Hot Muffins Raw Cabbage Pineapple Carrot Salad Small Cakes Iced Chocolate	DINNER Frozen Tomato Juice Cocktail Broiled Steak French Fried Potatoes Peas Cucumber Salad Apple Snow
FRIDAY	BREAKFAST Orange Juice Creamed Eggs on Toast Coffee	LUNCH Creamed Mushrooms Steamed Rice Broiled Tomatoes Grape Ice Tea	DINNER Fruit Cup Trout Boiled Potatoes String Beans Peas Tomato Salad Jelly Roll Coffee
SATURDAY	BREAKFAST Blackberries Cereal Puffy Omelette Toast Coffee	LUNCH Salmon Salad Mold Blueberry Muffin Grape Bread Shortcake	DINNER Jellied Chicken Bouillon Crown Roast of Lamb New Potatoes Lettuce New Carrots Raspberry Fluff

WHAT TO DO WITH LEFT-OVERS

DRESS UP left-over foods attractively and introduce them to your family as something new and tempting—instead of merely something to be used up. Many of these second appearances will be more of a “hit” than at the first serving.

For instance, you can make delicious croquettes from almost any kind of left-over meat and fish and from some vegetables. On page 15 are directions and recipes for making them.

A great asset in preparing appetizing combinations from left-overs is a well made white sauce, or cream sauce as it is sometimes called. If you are not already an expert in this simple art of sauce making, practice up. It's quite easy when you know how.

To reheat roasts, such as chicken, turkey, beef and other roasted meats, so that they will be as fresh and moist as the day they were first served, place in covered roasting pan, with little or no water, and put in a slow oven (325°F.) until heated through.

WHITE SAUCE

2 tablespoons shortening
2 tablespoons flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
1 cup milk

Melt shortening, add flour, salt and pepper. Mix well. Add milk and bring slowly to boiling point, stirring constantly to avoid lumping. For a thin sauce, use 1 tablespoon less flour.

LEFT-OVER CORNED BEEF

Hash. Combine equal quantities of chopped corned beef and cold, boiled potatoes. Moisten with water and fry slowly until brown. Fold over on hot platter. Garnish with parsley.

Corned Beef Savoury. Cut corned beef in small pieces. Put layers of beef and chopped cooked cabbage in a greased casserole. Pour a little hot water or soup stock over top and sprinkle with bread crumbs. Bake in a hot oven 20 minutes or until crumbs are brown.

LEFT-OVER CHICKEN

Creamed Chicken. Cut chicken in small pieces. Mix $1\frac{1}{2}$ cups chicken with 1 cup white sauce. Serve hot on toast. Sprinkle with chopped parsley.

Chicken Patties. Prepare creamed chicken as above. Add chopped cooked mushrooms and chopped pimiento. Serve in patty shells.

Chicken Timbales. Chop chicken fine and moisten with broth or milk. Line greased custard cups with cooked rice. Fill centers with chicken and cover tops with rice. Steam 20 minutes. Turn out on hot platter and serve plain or with tomato sauce.

LEFT-OVER PORK

Stuffed Tomatoes. Chop pork fine. Slice an onion and fry in a little fat. Mix pork and onion with a small amount of bread crumbs. Season. Scoop centers from tomatoes, fill with pork mixture and bake in a hot oven 20 minutes, or until crumbs are brown.

Chop Suey. Cut pork in strips. Cut celery in strips, add a little water and boil 10 minutes. Mix equal quantities of celery and cooked rice, add twice as much pork and a little chopped onion. Season. Heat thoroughly in the pork gravy.

Cottage Pie. Chop pork fine and moisten with gravy. Put a layer of mashed potatoes in bottom of a greased baking dish, then a layer of pork and another layer of mashed potatoes. Bake in a hot oven 20 minutes, or until brown.

LEFT-OVER BEEF

Beef à la Mode. Slice beef and reheat in gravy. Serve with mashed potatoes.

Beef Stew. Cut meat in one-inch cubes, add vegetables (potatoes, carrots, turnips). Heat in gravy or stewed tomatoes. Add a little chopped onion and green pepper, fried in a little fat.

Beef Pie. Prepare meat as for stew, using gravy. Put in greased baking dish. Cover with baking powder biscuit mixture, or with pie crust. Bake in a hot oven 20 minutes or until brown.

LEFT-OVER VEAL

Minced Veal. Chop veal very fine. Add a little chopped parsley and reheat in gravy or white sauce. Serve on toast.

Mexican Veal. Slice veal thin. Fry finely chopped onion and green pepper in a little fat. Add stewed or canned tomatoes and cook slowly 15 minutes. Add sliced veal and heat.

Scalloped Veal. Chop veal fine and mix with an equal quantity of white sauce. Season. Put layers of creamed veal and soft bread crumbs in a greased baking dish. Bake in a hot oven 20 minutes.

LEFT-OVER LAMB

Croquettes. See basic recipe for Croquettes on page 15.

Lamb Casserole. Cut lamb in small pieces. Put lamb and macaroni in layers in a greased casserole. Pour thin gravy or thin white sauce over the top layer and cover with bread crumbs. Bake in a hot oven 20 minutes, or until crumbs are brown.

Curried Lamb. Cut lamb in one-inch cubes. Reheat in the lamb gravy to which a little curry powder has been added.

LEFT-OVER VEGETABLES

Soup. Cook vegetables with small amount of water. Press through a sieve and add an equal quantity of thin white sauce. Heat and season.

Cabbage au Gratin. Chop cold cabbage. Put layers of cabbage and bread crumbs in a greased baking dish. Season with salt and pepper. Pour a little hot milk over it. Sprinkle top with grated cheese and bake in a hot oven 20 minutes.

Spinach with Cheese Sauce. Chop spinach. To 1 cup spinach add 1 cup white sauce and ½ cup grated cheese. Heat thoroughly.

HERE is a foundation recipe which you can vary to your heart's content. Quantities may be changed, and other vegetables substituted—and the meat need not be added. It should, though, have the tomatoes whatever other changes you may make.

BAKED VEGETABLES

8 Servings

1 cup peas	2 cups chopped
1 cup diced carrots	cooked meat
2 cups tomatoes	1 tablespoon butter
cooked	1 tablespoon sugar
1 tablespoon	1 tablespoon salt
chopped onion	¼ teaspoon pepper
1 tablespoon green	2 tablespoons flour
pepper (chopped)	1 egg

Parboil peas and carrots 10 minutes or use left-over vegetables. Combine ingredients. Place in a buttered baking dish, and cover with potato crust. Bake at 425°F. for 10 minutes, reduce temperature to 375°F. and bake for about 35 minutes more.

POTATO CRUST

This recipe offers you an opportunity to dispose of your left-over mashed potatoes—sometimes a difficult task. It makes a very pretty and most delicious top for meat, fish or vegetable casseroles.

1 cup cold mashed potatoes
2 teaspoons baking powder
½ cup shortening
½ teaspoon salt
2 cups flour
milk or water

Sift together dry ingredients, cut in shortening and mashed potatoes; add just enough milk or water to make a dough. Roll out, cut a slash in the middle and place snugly over the meat, fish or vegetables in casserole. Bake in hot oven until brown—about 20 minutes.

INEXPENSIVE MEATS

Many feel that they must have meat at least once a day and yet meat is the one article of food which stands out as the item of greatest expense.

There are only a few pounds of steaks and chops and tenderloin on a large steer. All the rest of the 2100 pounds or so is made up of cheaper cuts and bones. And they must be sold or the prices of the other cuts will soar even higher.

The only difference in various cuts of meat—if they are of good quality—is in the development of the connective tissue, which causes toughness, and in the presence of bone and gristle. When meat is cooked very slowly, the connective tissue is broken down, and the resultant dish is tender. The flavor of the tougher cuts is usually more highly developed than that of the more tender cuts, and is preferred by many people.

Figure the cost of meat by the weight of the edible portion. For instance, if you can buy the portion of beef chuck which is free from bone, you have what is called a "good buy". But if you find that as much as a third of the weight is bone, then you have increased the price per pound to a third again as much, and it is too high for an inexpensive cut. The bone, however, is good for soup, and should never be wasted. Porterhouse steak has so much waste as to make its actual cost very high. But you can always have the tail ground and use it the next night for meat balls, and the bone is placed in the stock pot.

CUTS OF BEEF

HIND SHANK AND FORE SHANK—The shanks are used for soups, stews and hamburger steak.

ROUND—The round is a juicy cut consisting of about two-thirds lean meat. The top or inside is the more tender, while the bottom or outside is usually used for pot roast.

RUMP—This cut consists of about one-half lean and one-third fat, with some bone. It is used for steaks, corning, braising and pot roast.

LOIN—This portion contains the sirloin, and the porterhouse and club steaks. The loin and rib cuts, together, compose only about one-fourth of the side of beef.

FLANK—The flank is practically boneless and can be used with very little waste. Flank steak makes a good stuffed roll, or an excellent pot pie.

RIB—The rib makes a fine roast, but costs more than the other forequarter cuts.

CHUCK—This cut has high value as solid meat, and makes delicious pot roasts, stews, casserole dishes, and spiced beef. The chuck is economical, consisting of about two-thirds lean meat. It has an excellent flavor and it may be cooked in a variety of ways.

PLATE—This cut is suitable for soup, pot roast, and corned beef. The short ribs are excellent for braising.

And here are suggestions for recipes that are as practical as they are delicious:

RAGOUT OF MUTTON

6 Servings

1½ lbs. neck of mutton, cut small
 1 tablespoon butter
 1 tablespoon flour
 1 onion, diced
 1 carrot, diced
 2 cups boiling water
 1 teaspoon salt
 1 bay leaf
 ¼ teaspoon pepper
 spring parsley
 1 clove
 1 cup cooked peas

Melt butter in frying pan. Add flour and brown. Add carrot and onion. Remove vegetables and add meat; brown well. To meat and vegetables add boiling water and seasonings. Put in a kettle, cover and simmer 2 hours. Add peas 10 minutes before serving. Serve in a dish with cornmeal balls.

CORNMEAL BALLS

6 Servings

¼ cup cornmeal	⅛ teaspoon pepper
1 cup milk	onion juice
¼ teaspoon salt	yolk 1 egg

Cook cornmeal and milk in double boiler 1 hour. Add seasoning and pour over well-beaten yolk. Stir well and cool. When cold roll into balls. Dip in egg and crumbs and fry in deep fat. Rice or farina may be used in a similar way.

MOCK DUCK

Cover a round or a flank steak with a bread stuffing (page 23). Roll steak and tie or skewer securely in shape. Dredge the roll with seasoned flour and brown in hot suet. Then add a small amount of boiling water or stock (1 cup) cover closely, and cook over a low flame or in a moderate oven 350°F. until tender—about 1 hour. This dish may be served with currant or apple jelly.

MOCK ROAST BEEF

4 to 6 Servings

1 lb. ground beef	1 bay leaf
flour	thyme
3 or more onions	salt
1 can solid tomatoes	pepper

Shape the meat into a loaf, and rub into it as much flour as the meat will hold. Brown the sliced onions in a small amount of fat melted in a hot baking pan. Place the meat roll in the pan and allow it to brown on all sides. Add the tomatoes, bay leaf, a bit of thyme, and salt and pepper to taste. Cover closely, turn gas very low, and cook for 45 minutes to 1 hour.

CREAMED CORNED BEEF HASH (BAKED)

6 Servings

3 tablespoons butter	1½ cups cold cooked corned beef (chopped)
1 slice onion	1 cup chopped vegetables
½ bay leaf	1 teaspoon salt
3 tablespoons flour	½ teaspoon pepper
1½ cups liquid	1 cup buttered crumbs
1 egg	

Melt butter, cook the onion and bay leaf, then add the flour and stir until smooth. Remove the onion and bay leaf and slowly add the liquid, which may be milk or broth or part of each. Stir until it thickens, then add the beaten egg and remove from fire. Combine with chopped meat, vegetables and seasoning and place in greased baking dish. Sprinkle crumbs over the top and bake at 350°F. for 45 minutes. If cooked vegetables are used, the baking time may be shortened to 25 minutes.

MEAT PIE

8 Servings

2 onions
1 cup celery (cut fine)
6 tablespoons meat drippings
2 pounds beef
2 teaspoons salt
½ teaspoon pepper
1 green pepper (cut fine)
3 tablespoons chopped parsley
2 cups cooked diced carrots
2 cups cooked peas
5 tablespoons flour
A baking-powder-biscuit dough as follows:
2 cups flour
3 tablespoons shortening
¾ cup milk
4 teaspoons baking powder
1 teaspoon salt

Dice and brown the onion and celery in 2 tablespoons drippings. Add the meat cut in pieces for serving and brown well. Cover with boiling water. Add salt and pepper, green pepper and parsley; and let simmer until tender—about 2 hours.

Mix 4 tablespoons drippings with 5 tablespoons flour to a paste. Add to meat and cook until stock is thickened. Place meat and vegetable mixture in a buttered baking dish. Cover with gravy.

Make the baking-powder-biscuit dough, roll out, and cut with a biscuit cutter. Place biscuits on top of meat and gravy. Bake 20 minutes at 425°F. Serve at once.

COLD PACK OVEN CANNING

Avoid the possibilities of failure in "Cold-Pack" canning by using only fresh fruits and vegetables.

The syrup for *sweet* fruits should be one part sugar to four parts water, boiled just sufficiently to dissolve the sugar. For *medium sweet* or *sour* fruits use one part sugar to two parts water.

Prepare the products according to the chart and blanch for the time given. Blanching is the process of first dipping the products into scalding water, or steam, for the time given in the chart and then dipping in and out of cold water for a corresponding length of time.

Keep in a dark place where it is cool but not in a place where the products might freeze. Before serving peas or beans, turn contents into pan and boil one minute.

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JELLIES AND PRESERVES → → → → → → → → →

MODERN PRESERVING

Fruits are a rich source of vitamins, none of which are appreciably affected by the heating processes used in canning. Vegetables also may be successfully canned. By canning fruits and vegetables in seasons when they are plentiful and cheap, variety and economy in your family's diet may be enhanced the year around. Besides, who does not love canned fruits and jellies! And how they help solve that dessert problem, either served right from the jar or glass—or made into pies or other favorite desserts!

Modern canning methods, and the modern gas range have taken the drudgery out of home canning. There is no canning method you cannot successfully use with your gas range.

By cooking up a few glasses of jam, conserve or jelly, while you are in the kitchen preparing dinner, you will be surprised how easy it is to accumulate a "preserve closet" just by doing up a little fruit at a time. However, many women will prefer to "make a day of it" in canning. For these, a gas range offers flexible heat for the big clothes boiler or steam pressure cooker. Both the cooking top and the oven of a gas range offer complete and perfect facilities for either the hot-pack or the newer cold-pack canning method.

CARROT MARMALADE

2 cups carrots	2 lemons
1 orange	1 cup sugar

Scrape carrots and put through food chopper. Cook in sufficient water to cover until vegetable is tender. Drain and add the juice of lemons and the juice and grated rind of orange. Stir in sugar. Put in oven with thermostat set at 250°F. for four hours. Put in clean hot glasses and cover with melted paraffin.

HONEY PINEAPPLE- WATERMELON PRESERVES

Boil the following for 10 minutes:

1 lb. honey
 $\frac{3}{4}$ cup water
 $\frac{1}{2}$ teaspoon ginger
juice and grated rind of 1 lemon.

Add 1 lb. of watermelon rind, cut into small cubes.

Simmer gently for 3 hours in oven with thermostat set at 250°F. Add 1 cup crushed pineapple and cook in oven 1 hour longer. Then bring to boil on top of stove and seal in jars immediately.

MARMALADE

4 medium sized oranges, sliced
2 lemons, sliced

Both rind and pulp are used.

Wash fruit without peeling, cut into thin slices—remove seeds; measure fruit—add $\frac{1}{2}$ as much water as fruit—place fruit and water in enamel pan, cover and let stand over night. In the morning heat mixture over burner until it reaches boiling point. Place pan, covered, in oven at once preheated to 350°F. Cook for 10 minutes, then set dial at 300°F. and continue to cook for 50 minutes. Remove from oven, again let stand over night. Measure cooked fruit and equal quantity of sugar, heat again on burner top until it reaches boiling point. Place mixture at once, uncovered, in oven with temperature at 350°F. Cook for 10 minutes. Then set dial at 300°F. and continue cooking for 50 minutes. Sterilize lids and jelly glasses by placing them in a kettle, covering with cold water, put on top burner and bring to a boil; boil for 10 minutes. Remove glasses from hot water one at a time, and fill with hot marmalade—set aside to cool and thicken, then cover with hot melted paraffin; when solid put on lids and store in a cool, dark, dry place. Yields 9 glasses.

QUINCE PRESERVES

Wash and pare quinces; cut in quarters and remove cores. Cook skins, with just enough water to cover them, until soft. Then strain off this water and in it cook quinces and half as many apples, also pared and cored. When fruit is cooked remove from water and to the liquid add 3 cups sugar for each 4 cups fruit. Boil 5 minutes, add fruit and cook slowly until fruit is a very delicate pink. Put fruit into hot sterilized jars and add boiling syrup to overflow. Seal at once.

MATRIMONY JAM

2 lbs. apples 2 lbs. plums
2 lbs. pears
5½ lbs. or 11 cups sugar

Pare and core apples; skin and stone plums. Put skins and stones of plums and parings of apples into a preserving pan with 2 cups water. Simmer for 30 minutes and strain. While this is cooking, peel and core pears. Cut apples and pears and have them ready. Put the strained juice in preserving pan with sugar, and when it boils put in apples, pears and plums. Boil for 30 minutes, then pour into sterilized glasses and cover.

TOMATO MARMALADE

4 quarts ripe tomatoes 6 lemons
1 cup seeded raisins 4 pounds sugar

Peel tomatoes and cut in thin slices. Wash lemons and slice very thin. Put all ingredients in sauce pan without handle, cover and place in oven that has been preheated at 350 degrees. Cook for 10 minutes, then reset dial to 300 degrees and cook for 10 minutes uncovered. Stir well and cook 40 minutes longer. Stir well again or until all ingredients are soft. Fill glasses, that have been sterilized, with marmalade. Set aside to cool and thicken and then cover with melted parffin.

MASSACHUSETTS CHILI SAUCE

12 ripe tomatoes 1 tablespoon
12 green peppers cinnamon
2 large onions 1 cup sugar
1 tablespoon salt 3 cups vinegar

Peel tomatoes and onions; remove stem ends and seeds from peppers. Chop all together or put onions and peppers through meat grinder. Combine with vinegar and seasonings. Boil 1½ hours and bottle.

YELLOW TOMATO PRESERVES

6 lbs. yellow tomatoes
1 lb. sugar
juice and grated rind of 4 lemons
⅛ cup minced green ginger root

Blanch tomatoes and remove skins. Add sugar, lemon juice and rind and ginger root. Let stand over night, then cook gently until thick. Pour into hot sterilized jars and seal at once.

MINT AND APPLE JELLY

apples boiling water
fresh mint granulated sugar

Pick over and wash apples, cut into eighths, but do not remove core or skin as they contain most of the pectin. Place the fruit in a kettle with enough water to keep fruit from sticking to pan. Bring quickly to boiling point and boil until juice flows freely from fruit. Strain through jelly bag, then add a cupful of fresh green mint to each 2 quarts of boiled apple juice. Strain, reheat, add sugar which has been warmed, allowing ⅔ of a cup of sugar to each cup of apple and mint juice. Boil for 5 minutes then test by placing a teaspoonful on a plate and cool quickly. If it can be pushed back with a spoon it is done. When done, turn into sterilized glasses, cool, seal with paraffin wax and place on lids. Wipe each glass and label with name and date.

APPLE BUTTER COOKED IN OVEN

8 pounds apples
3½ pounds sugar
1 teaspoon ground cloves
1 teaspoon ground allspice
1½ teaspoons cinnamon
4 quarts sweet cider or water

Weigh, wash and slice the apples. Combine with cider or water and cook rapidly, until mushy. Strain through sieve, then add sugar and spices. Place in oven and cook for 3 or 4 hours at 250°F. or until thick. Stir occasionally. Transfer to sterilized jars and seal with sterilized rubbers and tops. If it is not to be used soon, wipe the jars and when cool cover with paraffin.

QUINCE JELLY

Wash quinces, cut into small pieces; put them into a preserving kettle, cover with water and boil until they are soft. Transfer them to a jelly bag and let them drain. Carefully avoid applying pressure if a clear jelly is desired. When juice has all drained out, measure it and return it to the kettle. For every cup of juice add 1 cup sugar and boil together for 20 to 30 minutes, or until it will jell on a cool plate. Pour into sterilized jars or glasses and when cold cover with melted paraffin.

WATERLESS COOKING

THE PRINCIPLE of this so called "waterless" cooking method is—*use as little water as you can without burning the food.* The only purpose of water is to prevent burning. Water does not cook the food—HEAT does that. Excess water simply boils out the flavor and food value, leaving devitalized food. When this water is thrown away, your family's money and vitality go with it. If you do have any water left after cooking vegetables—save it; use it in soups, gravies and creamed dishes. It is valuable food!

In a "Waterless Cooker" made of heavy aluminum and equipped with inset pans, several vegetables and a meat may be cooked at the same time. By this method the consumption of fuel is materially reduced. A set of triplicate saucepans, also of heavy aluminum, answer the same purpose. In fact, any utensils you may happen to have, made heavy enough to retain heat, may be used in cooking with little or no water over a *low flame*.

HEALTHFUL WAYS TO COOK VEGETABLES

Because certain vegetables, such as spinach, broccoli, Swiss chard and other leafy varieties, contain in themselves a large percentage of water, they may be cooked with only the water that clings to them after washing. Cook in covered utensil over a very low gas flame. This method retains the color and natural flavor of the vegetable and preserves the valuable mineral content.

Such vegetables as beans, peas, carrots, summer squash, celery and shredded cabbage may be cooked with from $\frac{1}{4}$ to $\frac{1}{2}$ cup water to each quart of vegetable. Cover, to keep in steam, and cook over very low flame.

NUTRITIVE VALUE OF VEGETABLES

During the past few years we have learned a great deal that is new about the foods we eat. We have learned too, that *right* eating will do much to keep us and our families in good health. Perhaps one of the most important things for mothers and homemakers to remember is the necessity of including plenty of vegetables—both raw and cooked—in our diet. Vegetables not only furnish most of the vitamins and minerals our bodies need, but they also act as "regulators" because of the bulk, or roughage, they contain.

Green and yellow vegetables are of particular value in the diet as protectors against colds. Celery, lettuce, cabbage and radishes are among our best roughage foods.

ODORLESS COOKING

ODORLESS cooking in parchment, while it seems to be an entirely different method, is really a variation of waterless cooking. Plenty of water is used, but the food does not come in contact with it.

The vegetables, fish or meats to be cooked are placed on a sheet of *moistened* cooking parchment, which is then gathered around them in a bag shape and the open end of the bag tied tightly with a white cord. This completely sealed bag is then placed in a pot which contains enough *boiling* water to cover most of the bag. A little water may first be put in the bag if the food hasn't enough juice to cook in its own vapor.

Boil as required by the food being cooked. No water can get in through the parchment—and no odor or flavor can get out. They are sealed in with the juices, minerals and vitamins of the food. You can cook onions, cabbage, fish and other foods having a strong odor without any unpleasant evidence whatever.

If you haven't a steamer, you can improvise one by setting a colander over a pot of boiling water, placing the parchment bag of food in it, and covering tightly. Carrots, cabbage, onions and cauliflower (quartered or sliced) are preferably steamed, but may be boiled in the manner described above, with the bag tied very tightly. Spinach, kale, chard, peas, string beans, asparagus and other green vegetables may be steamed or boiled.

Add butter and seasonings to the vegetables.

Two or three vegetables or other foods can be cooked separately in one pot, by tying them in separate parchment bags.

GENERAL PRINCIPLES OF ODORLESS COOKING

To cook strong-odored vegetables without using parchment, cook them in a large quantity of *boiling* water, in an *uncovered* container. If the water is not to be used for soup, they may be drained directly into the sink; the cold water should be allowed to run during the draining, to condense the steam and carry it quickly down the drain. The water may be changed once or twice, if one wishes to avoid the slightest trace of odor.

Fish should be wrapped in parchment paper the minute it comes from market, and placed in the refrigerator until it is to be cooked. If the dishes with which the fish has come in contact are plunged into a bowl of water to which bag salt has been added, they will have no odor, and if the hands are washed in the mixture, there

will be not the slightest suggestion of fish about them. If the fish is to be boiled, it may be placed in boiling water to which has been added 1 tablespoon salt and 3 tablespoons vinegar or lemon juice for each quart of water.

High temperatures are responsible for odors in the case of meat. The temperature should be kept below 350°. If a pot roast cooks slowly, or a piece of boiled meat is kept below the boiling point, there will be no aroma through the house. It so happens that these low temperatures are recommended because they prevent shrinkage, insure tenderness, and develop flavor. It is obvious that with a gas flame this temperature may be controlled more perfectly than by any other medium.

MARKETING

IT IS very important to be able to recognize *good quality* in foods, in order to know whether or not you are buying wisely. In the case of vegetables, it is easy—because crispness, tenderness and vividness of color tell the story very well. In most fruits, the firmness, color and weight are the indicators. A heavy fruit is apt to be juicy and desirable.

Many foods are priced according to size; that is, large prunes or large oranges are more expensive than small. Often the smaller ones are a better “buy”. In many cases it is cheaper to buy ungraded foods,—in the case of potatoes for instance. Ripe bananas are often sold cheap, and are much more easily digested than the yellow ones. Be sure that the skins are not broken. Canned goods come in a variety of grades. It is sometimes wise to buy the cheaper grades, *if the brand is a good one and if they serve your purpose*. For example, the cheaper tomatoes in a good brand are simply imperfect in shape.

It is cheaper to buy in quantity if storage space and money permit.

Consider the care of your food when it is brought into the house. Canned goods, are simply put away. Lettuce, radishes, etc., are washed, spoiled leaves or tops are removed, and the clean greens are put into an enamel box called a freshener and left in the refrigerator. If you have a gas refrigerator, you will find that your vegetables will stay fresh for a week or more. Vegetables other than those placed in the refrigerator are stowed away in a vegetable bin, if you have one. Meat is taken from its paper, wrapped in wax paper, placed on a plate and kept in the refrigerator.

HOW TO SELECT MEAT

Meat should be uniform in color, the flesh firm and elastic to the touch.

Beef should be bright red in color and intermingled with yellowish fat.

Mutton should be dull red, and its fat white.

Beef ranks first in nutritive value; with mutton close second.

The cheaper cuts of meat have food value equal to the expensive cuts.

FISH

Select a fish that has bright eyes, clear red gills, shiny scales, firm flesh and no disagreeable odor.

Fish are classified as white-fleshed and red-fleshed. The former are more easily digested and therefore better for sick people and those with weak digestions. White-fleshed fish are haddock, halibut, cod, flounder, smelts, whitefish, perch, pickerel, sunfish, crappies, etc. Red-fleshed fish are salmon, shad, lake trout, butterfish, herring, etc.

POULTRY

A *chicken* has soft feet, smooth skin, soft cartilage at the end of the breastbone, and pin feathers.

A *fowl* has a coarser skin, rough square feet, a rigid breastbone and long hairs.

Choose spring chicken for broiling; a young, plump chicken for roasting.

A young *turkey* should be plump, have smooth dark legs, with the cartilage at the end of the breastbone soft and pliable.

Geese and *ducks* should not be more than a year old. The breast should be plump and firm, the fat white and soft, the wings and foot webbing tender.

VEGETABLES

Cabbage—select those that are hard and heavy, with crisp white leaves.

Winter Squash—select those that are medium-sized, with no soft spots.

Summer Squash—select those light in color, with the shell so tender that it can be broken with the fingernail.

Corn—see that the silk is brown and that the ear is filled with milky kernels.

Peas—pods should be green and brittle; the peas green and not too large.

String Beans—pods should be brittle.

Lima Beans—select green, juicy pods.

GENERAL HINTS TO HOMEMAKERS

HOW TO CUT ONIONS WITHOUT "TEARS"

If you will take a quarter slice of bread, place it between your teeth so that it protrudes slightly from between your lips, you may peel or cut as many onions as you like without the irritation to your eyes which causes tears.

HOW TO CLEAN SILVER

In cleaning flat silver—knives, forks, spoons, etc.—stand them in a bright, clean aluminum pot—do not use an old, tarnished pot. Pour boiling water into pot and add a heaping teaspoonful of baking or washing soda. Let the silver stand for a minute or two and take it out. When the tarnish disappears, rinse the silver in clear hot water and polish with a soft cloth.

All the silver articles should touch the bottom of the aluminum pot.

HOW TO REHEAT VEGETABLES

Place the vegetables into a wire strainer or colander. Put water into the bottom of a double boiler and boil quickly. Now place the colander or strainer over the boiler and let the steam filter thru the vegetables which you should stir lightly with a fork. In a few minutes the vegetables will be hot, bright, looking as appetizing and tasting as delicious as when first cooked.

HOW TO CUT VERY FRESH BREAD

Heat the blade of your knife by passing over the gas flames. When it is hot, it will cut smooth slices in the freshest bread.

HOW TO PUT OUT A FAT FIRE

Fat will catch fire in a pan on occasion. Do not ever try to put out such a fire with water. Water, never mixing with grease, merely spreads the fire. Take a handful of salt and sprinkle it over the burning pan. The fire will go out very quickly.

HOW TO STOP GREASE FROM SPUTTERING

If grease snaps and sputters in the frying pan, sift about $\frac{1}{4}$ teaspoon of flour through a sifter into the fat. The sputtering will stop instantly.

HOW TO KEEP RICE FROM BOILING OVER

When boiling rice or macaroni, grease the inside of the kettle holding water 3 or 4 inches from the top. The water will not boil over.

HOW TO WASH DISHES EASILY

Dissolve one or two teaspoons of soap powder in a cup or small bowl. You will then have a concentrated soap solution to add to your dishwater that will quickly dissolve away grease on your dishes. This method is also economical on soap.

HOW TO MIX FLOUR AND WATER IN MAKING GRAVY

Use a rotary egg beater to mix flour and water instead of the usual spoon which lumps the flour. After a few turns of the beater, you will find the flour and water smoothly mixed.

HOW TO CARAMELIZE SUGAR

Place sugar to be caramelized into a clean, polished pan, shaking it until the sugar is level. Place pan over fire and when sugar melts, keep it moving about by rocking the pan slowly, not by stirring with a spoon.

HOW TO BOIL ASPARAGUS

Cut off the lowest parts of the stalks and throw away. Scrape the lower half of each stalk with a knife. Place the asparagus in a pot of fast boiling water to which a level tablespoon of salt has been added. Asparagus absorbs salt less readily than most vegetables for which reason even more salt may be put in. No lid should be used on the pot and the asparagus should be boiled until tender (15 to 20 minutes).

ECONOMY IN USING YOUR GAS RANGE

GAS IS the cheapest fuel for cooking. You can make it still more economical by observing the following suggestions:

- 1 Lower the flame of a top burner when the food has started to cook.
- 2 Do not use the largest burner when a smaller burner will do.
- 3 A nest of triplicate pots or pans, which fit together to make a circle, may be used to cook several foods at a time over one burner.
- 4 Turn off the gas *before* instead of *after* removing the utensil from the range.
- 5 Do not leave a burner lighted because you expect to use it again soon. Gas requires no warming-up period.
- 6 When a quart of water is enough, do not heat a gallon.
- 7 Plan oven-cooked meals and use the oven to capacity.
- 8 Turn down the flame under a container when water has begun to boil, or shift container to a smaller burner. Fast boiling water is no hotter than water which is just boiling.
- 9 Cook by the chart and oven regulator to save heat. Do not open the oven door unnecessarily;—it wastes heat.

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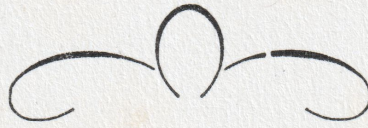
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HOME SERVICE

IF YOU have any cooking problems or wish additional information on the use of your range, telephone Rittenhouse 3500 and ask to be connected with the Home Service Division.

An experienced instructor will call upon you and give you the help you need.

GENERAL INFORMATION

THE latest models of gas appliances are displayed in our stores. Our trained representatives will gladly explain the various features and advise you in regard to your particular requirements.

If you prefer, telephone or write the Sales Department and we shall be pleased to send a representative to call on you at your convenience with information about appliances, prices and terms of payment.

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